Would you like to increase your strength or improve your balance?

Tuesdays & Thursdays 10:00-11:00 am, starting Tuesday, March 3

Stay Strong, Stay Healthy is for older adults (60 and up) who want to improve quality of life and stay active. These types of exercises are easy to learn, safe and effective. Both men and women welcome!

Stay Strong, Stay Healthy Sessions include:
- Warm-up exercises
- Eight simple strengthening exercises, done with or without weights
- Cool down stretches

The Stay Strong, Stay Healthy program is a 8 week program built on simple, strength building exercises that will improve balance, health, and state of mind. No one is too inactive to participate! Each class will begin and end with a warm up, and all exercises include the use of a chair or wall for balance, weights are optional.

Classes will be held at the Stafford County Extension Office in the Courthouse Annex Building. To register, contact Amy Collins, Family & Consumer Science Agent at the Stafford County Extension Office at (620)549-3502 or acollins@ksu.edu. Come when you can each Tues. & Thurs. beginning Tuesday, March 3.