

IS IMPROVING YOUR BALANCE, FLEXIBILITY, MUSCLE AND BONE STRENGTH IMPORTANT TO YOU?



Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active.



LOCATION

Neosho Valley Event Center
321 N. Wood Street
Erie, KS



WHEN

January 14-March 13
on Tuesdays and
Thursdays

**Participants will meet from 10 am - 11am
Call Tara: 620-244-3826 to register
\$10.00 for the 8-week program**

Offered at reduced cost due to partnership with Southeast Kansas Area Agency on Aging



Stay Strong, Stay Healthy



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting Tara Smith two weeks prior to the start of the event at 620-244-3826 or tsolomon@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request. Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.