

Stay Strong, Stay Healthy



Build a stronger, healthier you!



Join this strength training class, twice a week for one-hour and improve your health.

- Increase your overall fitness, flexibility and balance.
- Build muscle and increase bone density to reduce frailty, osteoporosis and the risk of falls.
- Meet new people.
- Take home a handy exercise guide to continue the program.

Exercise equipment is provided in class.



an equal opportunity/ADA institution



KANSAS STATE
UNIVERSITY

Extension
Southwind District

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. Language access requests and 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 the event contact Tara Solomon-Smith

four weeks prior to the start of the event at 620-244-3826. 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

CLASS DETAILS

January 20th - March 12th

Tuesdays and Thursdays

9:00 a.m.-10:00 a.m.

Galesburg Community Center

200 Main Street

Galesburg, KS

REGISTER By January 13th

Call 620-244-3826 to register!

Thanks to a partnership with

Southeast Kansas Area Agency on Aging

this class is offered at a \$10.00 donation only