

Stay Strong , Stay Healthy

“Stay Strong, Stay Healthy” is:

- designed to increase an aging adult’s access to a safe, structured, and effective strength training program.
- Over 8 weeks, participants learn exercises to improve their strength, flexibility, and balance. During each session, a prescribed set of 8 upper and lower body strengthening exercises are done along with warm-ups and cool-down stretches.
- Participants are made to feel comfortable regardless of their current fitness level so they can safely participate and gradually build the strength beneficial to health.



Berny will be leading the SSSH workshop in Ellis on Tuesdays and Thursdays beginning March 9th and ending on April 29th.

Donna will lead the Great Bend workshops beginning March 16th and ending May 6th.

A \$20 registration fee and the completion of a pre-assessment is required before the first class. Class size is limited so call the Barton County office at 620-793-1910 or Ellis 785-628-9430 to reserve your space soon!