

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.

All exercise equipment is provided in class.

Questions?

For accommodations or more information, contact Teresa Hatfield with Meadowlark Extension District.

CLASS DETAILS

Tuesday and Thursdays

July 22-September 18, 2025

10:30-11:30 AM

**Woolsoncroft Event Center
1615 Branch St.
Seneca, KS 66538**

REGISTER NOW!

<https://tinyurl.com/ssshseneca>

785-336-2184



thatfield@ksu.edu

785-364-4125

 **Extension**
University of Missouri

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Research and Extension

Meadowlark District

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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