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Teresa Hatfield
District Extension Agent, Family and Community Wellness

Stay Strong, Stay Healthy Level 2 to Begin July 23 in Seneca

If you are looking to take steps for better health and live in or around Nemaha County you are invited to join us for the upcoming Stay Strong, Stay Healthy Level 2 program. Stay Strong, Stay Healthy is a program designed to help maintain and improve strength in older adults and is offered by the Meadowlark Extension District.

Classes will begin on July 23 at 10:00 a.m. with an orientation to the program at the Meadowlark Extension District Seneca Office, located at 1615 Branch Street. Sessions will be held twice a week on Tuesdays and Thursdays for eight weeks, providing participants with a consistent and supportive environment to build strength and improve functional fitness.

Stay Strong, Stay Healthy is an evidence-based strength training program designed especially for older adults. Level 2 builds on foundational movements by adding new exercises and challenges to further improve muscle strength, balance, and mobility—key components for maintaining independence and reducing the risk of falls.

Importantly, participants do not need to have taken Level 1 to enroll in Level 2. Exercises will be adapted to meet a variety of fitness levels, making the program accessible for both returning participants and those who are new to strength training. Instructors will offer modifications and guidance to ensure each individual can participate safely and comfortably.

Participants can expect:

- Structured, progressive strength-training exercises
- Guidance from trained Extension staff
- A supportive group setting that encourages consistency and motivation
- Activities designed to improve everyday function, such as lifting, reaching, and walking

Research shows that regular strength training can help older adults maintain independence, improve bone density, prevent falls and enhance overall quality of life. This program provides a safe and welcoming opportunity to gain these benefits while connecting with others in the community.

Space is limited, and registration is required. Weights will be provided.

For more information or to register, contact the Meadowlark Extension District Seneca office at 785-336-2184 or contact Teresa Hatfield at thatfield@ksu.edu.

Take the next step toward staying strong, healthy, and independent—join us this July!