

News Column for Use Week of February 3, 2025
Jordan Schuette, Adult Development & Aging
River Valley Extension District
January 31, 2025

Make Active Habits Stick and Medicare Basics Programs

Have you made a new year's resolution that focuses on health this year? The new year often brings resolutions with goals to engage more in physical activity. We can all list reasons why regular physical activity is good for our health. However, we can probably come up with an even longer list of barriers to exercise. The program, Make Active Habits will start by helping you identify your "why" for physical activity – what drives you to want to be more active? Then, it will tackle some of those barriers while helping you create new habits and routines to make change stick.

Currently, there are two opportunities to attend this program in the month of February. The first is on Tuesday, February 18, 2025, at 11:45 a.m. at Concordia Senior Citizen's Center (109 W 7th Street, Concordia, KS 66901). The second is Tuesday, February 18, 2025, at 2:30 p.m. at the Belleville Public Library (1327 19th Street, Belleville, KS 66935). Please RSVP for these programs by contacting the Washington Office at 785-325-2121.

Another upcoming program in the next few months is Medicare Basics. Medicare, all its parts, and the advertisements can be confusing. This program is for those starting their journey with Medicare, turning 65, or retiring soon. The first Medicare Basic Program is scheduled for Tuesday, February 25th at 5:30 p.m. in Clay Center at the Clay Center Event Center (213 S 12th St. Clay Center, KS 67432). Please RSVP by contacting the River Valley Extension District – Clay Center Office at 785-632-5335. The second opportunity for Medicare Basics will be held on Tuesday, March 25th at 6:00 p.m. in Washington at FNB Bank (101 C St. Washington, KS 66968). Please RSVP by contacting the River Valley Extension District – Washington Office at 785-325-2121.

If you have other Medicare questions, we do schedule one-on-one appointments in all four offices of the River Valley Extension District. If you have questions about either of these programs please contact, Jordan Schuette in the Washington Office at 785-325-2121.

-30-

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.