

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.



Extension

University of Missouri

an equal opportunity/ADA institution

CLASS DETAILS

Wakefield Public Library

206 Dogwood St Wakefield, KS

Mondays & Fridays 10-11AM

April 6, 10, 13, 17, 20, 24, 27

May 1, 4, 8, 11, 15, 18, 22, 29, June 1

Makeup days, if need be: June 5, 8, 12

\$20 / 16 classes

Wear comfy clothes, closed-toe shoes

REGISTER NOW!

**Class size is limited! Call the
Concordia Extension Office at
785-243-8185 OR the Clay Center
Extension Office at 785-632-5335**

K-STATE
Research and Extension

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, and American Sign Language), may be requested by contacting the event contact Kaitlin Moore four weeks prior to the start of the event (Dec 10, 2025) at 785-243-8185 or kaitlinmoore@ksu.edu. 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.

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*Do you have diabetes?
Want to make the best choices for your health?
We can help! Join us for*



Dining with Diabetes

Designed especially for people with type 2 diabetes, this program will help you learn the skills needed to promote good health.

Dining with Diabetes is taught by trained and caring educators.

The program includes:

- cooking demonstrations and food sampling
- motivation and support — connect with others who are living with diabetes
- an understanding of how diabetes affects your overall health

\$25/person

Four total sessions

Tuesdays 4-6PM

April 14, 21, May 5, 12

Note: No class on April 28

Clay County Medical Center

617 Liberty St

Clay Center, KS 67432

REGISTER IN ADVANCE

Call the Concordia Extension

Office at 785-243-8185



**CLAY COUNTY
MEDICAL CENTER**
Our Family. Caring for Yours.

**KANSAS STATE
UNIVERSITY**

Extension
River Valley District

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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