

News Release for Immediate Release or Next Issue

Deanna Turner, Extension Agent: Family & Consumer Sciences, Aging Programs

River Valley Extension District

3/22/19

Senior Fitness Classes

Improve your strength and flexibility at the upcoming Senior Fitness classes being taught on eight consecutive Mondays starting on April 1st and going through May 20th. Classes will take place from 1:30-2:30 p.m. at the Clay Center District Extension Office (322 Grant Avenue). Men and women age 60 and over are invited to participate in the classes. If interested, pre-register to the K-State Research & Extension River Valley District Office by calling 785-632-5335 or to Angela Brubaker, Apollo Towers at 785-632-5767.

Gail Hileman, instructor, will present the classes. There is no fee to attend the classes. The Clay County Wellness Council and River Valley District K-State Research & Extension in cooperation with the Clay County Task Force are sponsoring this program. Participants in wheel chairs are encouraged to attend as well.

Participants are asked to park on the grassy area behind the Extension Office. The meeting room is on the east side of the building. For more information, contact Deanna Turner by calling 785-632-5335 or emailing dturner@ksu.edu at the River Valley District Extension Office in Clay Center. Register today!

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