

News Release for Immediate Release or Next Issue
Deanna Turner, Extension Agent: Family & Consumer Sciences, Aging Programs
River Valley Extension District
7/15/2019

**Stay Strong, Stay Healthy Coming to Washington
August 12th-October 2nd**

Improve your health and quality of life – plus have fun. Sign up for this strength building program designed for older men and women age 60 and over. Participants meet on Monday and Wednesday mornings for eight weeks from 10:00 a.m. – 11:00 a.m., August 12-October 2 at the handicapped accessible Good Shepherd Lutheran Church Parish Hall (401 D Street in Washington).

Our bodies are made to move. Physical inactivity can place our health at risk for many chronic diseases. Here's the good news! The Stay Strong, Stay Healthy program is built on simple, strength-building exercises that will improve your balance, health, and state of mind. The classes build muscle strength which, in turn, improves balance, reduces fractures, decreases arthritis pain, heart disease, and depression. Other benefits may include better stress management and improved sleep quality.

Activities in the classes include warm-up exercises, strengthening exercises with and without weights, and a cool-down period. There is a minimal fee to participate. Inquire about a scholarship, if you have limited income. Weights will be furnished. Participants only need to bring a heavy bath towel and a bottle of water. No special clothes or equipment are needed.

The classes will be led by District Agents, Sonia Cooper and Deanna Turner. Call the Washington Extension Office at 785-325-2121 to pre-register and to pick-up a packet. Registration begins July 15th. First come, first serve! You can also stop by the Extension Office in the basement of the Washington Courthouse for more details. Some of the forms need to be returned before the first class on August 12th.

For more information, please contact Sonia Cooper at scooper@ksu.edu or Deanna Turner at dturner@ksu.edu or call Sonia at 785-325-2121 or Deanna at 785-632-5335. Note the week of the Washington Fair July 22nd-27th the Extension Office hours will be limited with staff at the fairgrounds. A message can be left on the phone with a staff member returning your call. Sign up today!