

News Release for Immediate Release or Next Issue
Deanna Turner, Extension Agent: Family & Consumer Sciences, Aging Programs
River Valley Extension District
3/24/2020

Senior Fitness Classes

The Senior Fitness classes scheduled on Mondays starting March 30th have been postponed to August 3rd due to COVID -19. The classes will be taught for eight Mondays starting August 3rd through September 28th from 1:30-2:30 p.m. at the Clay Center District Extension Office (322 Grant Avenue). The specific class dates will be August 3rd, 10th, 17th, 24th and 31st, September 14th, 21st and 28th. Men and women age 60 and over are invited to participate in the classes.

Gail Hileman, instructor, will present the classes. There is no class fee. The Clay County Wellness Council and K-State Research & Extension River Valley District in cooperation with the Clay County Task Force are sponsoring this program. Watch for registration details this summer. In the meantime, do some stretching exercises and walk outside or walk in place. Be active!

For more information, please contact Deanna Turner at dturner@ksu.edu or call 785-632-5335.

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