

News Release for Immediate Release or Next Issue
Deanna Turner, Extension Agent: Family & Consumer Sciences, Aging Programs
River Valley Extension District
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Senior Fitness Classes

Improve your strength and flexibility at the upcoming Senior Fitness classes being taught on eight consecutive Mondays starting March 30th through May 18th from 1:30-2:30 p.m. at the Clay Center District Extension Office (322 Grant Avenue). The specific class dates are March 30th, April 6th, 13th, 20th & 27th, May 4th, 11th & 18th. Men and women age 60 and over are invited to participate in the classes. If interested, pre-register by March 25th 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 class fee. 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 too.

Similar Senior Fitness classes were taught in the past. Participants remarked the classes were fun and helpful to increase their strength. 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 (dturner@ksu.edu) at the River Valley District Extension Office in Clay Center. Register today!

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