

News Release for Immediate Release or Next Issue
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River Valley Extension District
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**Stay Strong, Stay Healthy Coming to Wakefield
March 24-May 14**

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 Tuesday and Thursday mornings for eight weeks from 10:00 a.m. – 11:00 a.m., March 24-May 14 at the handicapped accessible Senior Citizen Center Building in Wakefield (705 Elm Street).

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. The class is for everyone age 60 or older regardless of how active or inactive they have been. There is no strenuous weight lifting.

Activities in the classes include warm-up exercises, strengthening exercises (with and without weights), and a cool-down period. There is a small cost 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. Stop by the Clay Extension Office (322 Grant Avenue) in Clay Center or call 785-632-5335 to pre-register and to pick-up a packet. In addition, the Wakefield City Hall (609 Grove) has member packets available to pick up. Some of the forms need to be returned before the first class on March 24th. For more information, please contact Sonia Cooper at srcooper@ksu.edu or Deanna Turner at dturner@ksu.edu or call 785-632-5335. Sign up today!

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