Stay Strong, Stay Healthy

Want to begin an exercise program with friends?
Stay Strong Stay Healthy is perfect for all activity levels.

When: Oct. 28, 2019 through Dec. 18, 2019 (Mon/Wed)
Where: Leavenworth County Council On Aging
Time: 10:15—11:15 AM
Cost: $25 for 16 classes
Why: To feel better physically & emotionally.
To increase strength & flexibility while aging in home.
Register by: Oct. 23 at the K-State Extension—Leavenworth County Office—619 Holiday Plaza in Lansing

Dates of classes to be:
October 28, 30
November 4, 6, 8, 13, 18, 20, 25, 27
December 2, 4, 9, 11, 16, 18

Call or Email Chelsi Myer with questions: 913-364-5700, chelsim@ksu.edu

K-State Research and Extension

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Chelsi Myer, Leavenworth County Extension Agent, 913-364-5700. K-State Research and Extension is an equal opportunity provider and employer.