

Stay Strong, Stay Healthy



Build a stronger, healthier you!

Join this strength training class, twice a week for one-hour and improve your health.

- Increase your overall fitness, flexibility and balance.
- Build muscle and increase bone density to reduce frailty, osteoporosis and the risk of falls.
- Meet new people.
- Take home a handy exercise guide to continue the program.

Exercise equipment is provided in class.

CLASS DETAILS

Location: **JEWELL COUNTY
STRONG COMMUNITY
WELLNESS CENTER**

Start Date: **MARCH 2, 2026**
Class runs Mondays and
Wednesdays from 3/2 to 4/22

Time: **1:30 to 2:30 PM**

Cost: **FREE thanks to a grant
from Network Kansas**

REGISTER NOW!

Space is limited.
Registration deadline is 2/13.
785-378-3174

For more information visit www.K-State.edu/StayStrong or call 785-524-4432

 **Extension**
University of Missouri

an equal opportunity/ADA institution

Jamie Rathbun
Family and Community
Wellness Extension Agent

KANSAS STATE
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