No matter your age, physical activity is one of the most important things you can do for your health and can prevent many of the health problems that come with age. It’s not so difficult for most people to maintain or recover their functional ability and live an active and independent lifestyle, and it can be FUN!

Learn why physical activity is important and how it can improve quality of life regardless of age, types of activities to include in a complete program of physical activity, and how to plan a personal physical activity program that includes activities they enjoy.

June 25th, 2024 -- 10:00 am
Jewell County Strong
Community Wellness Center
191 N Locust
Mankato, KS

RSVP: 785-524-4432
https://bit.ly/3X1KHek
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