

FOR IMMEDIATE RELEASE

For more information, contact: Valori Stone
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Stay Strong, Stay Healthy

Valori Stone with the Wildcat District is offering the Stay Strong Stay Healthy program starting March 18th, covering every Tuesday and Thursday for 8 weeks, ending on May 8th. The program is held at 120 E. Buffalo Girard, Ks. 66743 at the K-State Extension meeting room from 10 am-11 am. Due to the check-in process, the first meeting will go over approx. 30 min.

Thanks to funding from the Area Agency on Aging the SSSH program fee has temporarily been reduced to \$10.00/person. Registration deadline is March 10th by 5 pm. Interested parties can call Valori at (620) 670-4878 with their name and phone number.

Stay Strong, Stay Healthy (SSSH) is an evidenced based eight-week program for older and sedentary, middle aged adults. SSSH meets the Centers for Disease Control and Prevention's (CDC) recommendations for healthy muscle strengthening activities. The program's goal is to improve health and quality of life.

Any potential participant with a medical condition is highly encouraged to obtain physician consent before starting this program.

Benefits for participants

- Increase muscle strength
- Improved balance
- Enhanced flexibility
- Stronger bones
- Less arthritic pain
- A supportive exercise environment.

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