

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.**



an equal opportunity/ADA institution

## CLASS DETAILS

**March 25 through May 22, 2026**

**10 AM to 11 AM  
Wednesdays and Fridays  
No Class April 29**

**Richmond United Methodist Church  
116 N Kallock Street  
Richmond, KS 66080**

## REGISTER NOW!

For questions or to register, contact Chelsea Richmond at [crichmon@ksu.edu](mailto:crichmon@ksu.edu) or call the Frontier District Garnett Office at 785.448.6826.

Registration is requested by **March 20** with \$20 registration fee (free to those 60 and older with a local grant through the East Central Kansas Area Agency on Aging).

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Extension

This institution is committed to providing equal opportunity for participation in all programs, services, and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, and American Sign Language), may be requested by contacting the event contact (insert name) four weeks prior to the start of the event (insert deadline date) at (insert phone number and email). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

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