

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

June 16 through August 6, 2026

**10 AM to 11 AM
Tuesdays and Thursdays**

**Burlingame Annex (located near
the Burlingame Schuyler Museum)
117 S Dacotah
Burlingame, KS 66413**

REGISTER NOW!

For questions or to register, contact Chelsea Richmond at crichmon@ksu.edu, Janae McNally at jmcnally@ksu.edu, or call the Frontier District Lyndon Office at 785.828.4438.

Registration is requested by **June 12** with \$20 registration fee (free to those 60 and older with a local grant through the East Central Kansas Area Agency on Aging).



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 Chelsea Richmond, Frontier District FCS Agent, four weeks prior to the start of the event on June 16 at 785.448.6826 or crichmon@ksu.edu. 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.

Kansas State University is an equal opportunity provider and employer.