

The Quay County Extension Service and  
Mesalands Community College Present



# The Strong Seniors Stay Young Program

A Research Based Strength Training Program for  
Men and Women 50 Years of Age and Older

## Benefits of Strength Training Include

- Improved bone density
- Increased muscle mass and strength
- Better Balance
- Reduced risk for osteoporosis and related fractures
- Improved self-confidence, sleep and vitality
- Reduced risk for diabetes, heart disease, arthritis, depression and obesity

To sign up you must pick up an information packet from the Extension Office, fill out the attached forms, obtain a doctor's release and return them to the Extension Office. Completed packets are due back by August 15, 2017. Class is limited to the first 24 people who turn their packets in. Fees are collected on the first day of class.

**Cost for the 14 weeks of classes is \$20.00**

**Classes will be offered Tuesdays and Thursdays  
beginning August 29, 2017**

**Class times 8:30-9:30**

**For more information contact: Brenda Bishop at 461-0562**



If you are a person in need of auxiliary services, call 461-0562 two weeks before the program begins. The Quay County Extension Service is an equal opportunity/affirmative action employer and educator.