What is Stay Strong, Stay Healthy?
It is an evidence-based strength training program designed for older adults. The eight-week program includes 16 exercise classes that meet twice weekly for one hour.

Why strength training?
Strength training keeps your body and mind functioning at their best!

What are the benefits of strength training?
Strength training:
- Increases muscle strength
- Improved balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease

How does Stay Strong, Stay Healthy work?
The goal is to improve health and quality of life.

Classes incorporate:
- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights, and
- Cool-down stretches
- Over the course of the program, you will learn exercises to improve strength, balance and flexibility.

After the eight weeks are over, you can continue the strength training program in the comfort of your own home or with a group.

Exercise Course Starting Soon!

Session Dates:
May 13, 15, 20, 22, 29, 31, June 3, 5, 10, 12, 17, 19, 24, 26, July 1, and 3

Classes to be held at:
Perryville United Methodist Church
314 W North Street
Perryville, MO 63775

Time: 10:30 - 11:30 a.m.

Cost: $60.00
$15 refunded if you attend at least 10 classes.

To Register Call:
Perry County University of Missouri Extension Office at:
573-547-4504
When registering, participants will schedule a time to complete a pre-assessment.

Registration Deadline:
May 6, 2019