



PRESS RELEASE

FOR IMMEDIATE RELEASE

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MU Extension, Stay Strong, Stay Healthy Series

ST. LOUIS, Mo. — Are you an adult needing to be more active, or trying to stay fit with low-impact exercise? Our Stay Strong, Stay Healthy exercise session is perfect for you!

Registrations are taking place now for this class. The classes will be held at the University of Missouri Extension Center, 132 E. Monroe, Kirkwood. The class dates are Mondays and Thursdays from 10:00 a.m. to 11:00 a.m. The sessions starts on June 19 and goes through August 28.

There will be no class on June 26, 29, July 3, 24 or 27. The cost is \$50 for the entire session.

Registration is required by June 15. A doctor's approval is also required.

Information on this class, the forms to download for your doctor, as well as how to register, is available at <http://extension.missouri.edu/stlouis/sssh.aspx>.

For more information, call Damaris Karanja, Nutrition and Health Education Specialist, at 314-400-7298 or email karanjad@missouri.edu.

Additional information about University of Missouri Extension in Saint Louis County can be found online at <http://extension.missouri.edu/stlouis>. Please follow us on [Twitter](https://twitter.com/MUExtSTL). Like us on [Facebook](https://facebook.com/MUExtSTL).