

Strong People Strong Bones

Mondays, Wednesdays and Fridays
Starting September 21st, 8:30 - 9:30 am
Alamosa Presbyterian Church, 330 San Juan Ave.

The Strong Bones Program is a 12-week exercise program for middle-aged and older men and women. The class will be taught by Mary Ellen Fleming from the Colorado State University Extension Office here in the San Luis Valley.

During this class, participants will learn how to properly use hand and ankle weights to increase strength and bone density as well as improve balance and flexibility. Studies conducted at the John Hancock Center for Physical Activity and Nutrition at Tufts University in Boston have shown that targeted strength training can combat weakness, frailty, and the debilitating consequences of these issues in older adults.

All weights used in the class are provided. There is NO COST to participate in this program. There is a limit of 20 participants with registration requested by Friday, September 18th.

To register, or for more information, call Mary Ellen or Maxine at 852-7381.



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