

Penn State Extension



Growing Stronger



*Make a commitment to becoming healthier and feeling better about yourself!
Join the Growing Stronger program sponsored by Penn State Extension!
It is a safe, motivating, highly effective weight-bearing physical activity program
that includes food, health and nutrition education information.*

Penn State Cooperative Extension is offering this 12-week program, in partnership with The University of Scranton, which was designed and tested by Tufts University.

Two classes will run on:

Monday and Wednesday mornings from
10:30 – 11:30 a.m. at
West Side Senior Center
1004 Jackson Street, Scranton
beginning **Monday, September 17, 2012.**

Tuesday and Thursday afternoons from
1:00 – 2:00 p.m. at
Abington Senior Center
1151 Winola Road, Clarks Summit
beginning **Tuesday, September 18, 2012**

**To register for the Growing Stronger Program,
please call: 570-963-6842
or visit: <http://agsci.psu.edu/growingstronger/lackawanna>**

Registrations will be taken on a first-come, first-serve basis.
All participants (returning and new) must register through
the above phone number or website by September 5, 2012.

For more information about this program,
contact Nicole DeMarco at 570-963-6842 or nmd5140@ag.psu.edu.

The cost for this 12-week program is \$75.00.

After registration, you will be contacted to set up a **Mandatory Informational Meeting.**

Returning participants do not need to attend a meeting,
the packet of paperwork will be mailed to you after registration.

**Please register by Wednesday, September 5, 2012
Hurry, Space is limited!**

This publication is available in alternative media on request.

Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce.

PENNSTATE



Cooperative Extension
College of Agricultural Sciences

An **OUTREACH** program of the College of Agricultural Sciences

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