

FOR IMMEDIATE RELEASE:

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Strength Training Classes For Older Adults

Are you finding it more difficult to take the stairs, get down and up from the floor, or get out of a chair? Strength training can benefit you tremendously with your daily activities while protecting you from osteoporosis and losing your balance.

Penn State Extension, in collaboration with The University of Scranton, is offering strength training and nutrition classes to help men and women over 40 improve their muscle strength and bone density

If you're not physically active now and would like to begin an exercise program, consider joining the "Growing Stronger" program. This 12-week strength training initiative is designed for adults 40 and older. Two classes are being offered - one on Tuesday and Thursday afternoons from 1 PM – 2 PM at the Abington Senior Center, 1151 Winola Road, South Abington Township, beginning Tuesday, February 10; and one on Monday and Wednesday mornings from 10:30 AM - 11:30 AM at the West Side Senior Center, 1004 Jackson Street, Scranton, beginning Wednesday, February 11. The cost is \$115. Registering before Friday, January 23, entitles individuals to receive a \$10 early bird discount. Financial scholarships are available.

For questions or to sign-up, please contact Penn State Extension in Lackawanna County at 570-963-6842, email nmd5140@psu.edu or visit extension.psu.edu and click on Lackawanna County by Friday, February 6. Space is limited, and registrations are taken on a first-come, first-serve basis.

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