GREAT PROGRAMS COMING YOUR WAY

Stay Strong, Stay Healthy

**What is Stay Strong, Stay Healthy Strength Training?**
Strength training has been scientifically proven to be safe and effective for both men and women at any age.

**Why Strength Training?**
Strength training keeps your body and mind functioning at their best! Regularly completing strengthening exercises will help you build muscle and increase bone density, preventing frailty and osteoporosis.

**What are the benefits?**
- Increases muscle strength
- Strengthens bones
- Lifts depression
- Improves balance
- Relieves arthritis
- Reduces stress
- Enhances flexibility
- Helps control weight
- Reduces risks for heart disease

**In St. Francis at the United Methodist Church at 10:30 c.t. for 1 hour on Tuesday & Thursday for 8 weeks. Starting date Oct. 31 through December 21st.**
Call the Sunflower Extension Office to sign up at 785-332-3171. I will be offering a Level 2 for those that have done the level 1 and are ready for more. Cost for the 8 week program is $10.00.

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**Dining with Diabetes schedules:**

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharon Springs</td>
<td>Monday, October 30th, Monday, November 6th,</td>
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<tr>
<td></td>
<td>Monday, November 13th, Monday, November 20th</td>
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<td></td>
<td>St. Francis</td>
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<tr>
<td></td>
<td>Thursday, November 2nd, Thursday, November 9th,</td>
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<tr>
<td></td>
<td>Thursday, November 16th, Thursday, November 30th</td>
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</tbody>
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**RECIPE DEMO AND TASTING EACH CLASS**
Call Melinda Daily at 785-852-4285 or email her at mdaily@ksu.edu

Maximum 16 participants

Program fee is $25.00

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**Coming the end of November:**
“Harvest of Holidays”

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**Dining with Diabetes**

Designed especially for people with type 2 diabetes this program will help you learn the skills needed to promote good health.

Dining with Diabetes is taught by trained and caring educators. Program includes:
- planning meals and snacks
- cooking demonstrations
- motivation and support
- ideas for being more active.

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help!