

Stay Strong, Stay Healthy:

Join Cottonwood Extension District team for Stay Strong, Stay Healthy (SSSH). This is an evidenced based eight- week program for older adults that meets the recommendation for healthy muscle strength. The program's goal is to improve health and quality of life.
***Participants must provide their own towel.*

Pre-Registration is Required!

Registration Deadline: **February 25, 2026**

Date: Every Tuesday - Thursday beginning March 10th until April 30th

Time: 9:30am-10:30am

Fee: \$10.00 (Resident of USD 388 School District)

\$20.00 (Non-Resident of USD 388 School District)

Location: North Campus Gym

To register call the ERC office at 785-726-3718 or by emailing
ellisrecoffice@gbta.net

Print Name: _____

Address: _____ City: _____

DOB: _____

Emergency contact:

Name _____ Ph _____

List medical conditions/if any: _____

Ellis Rec

