

## 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 10<sup>th</sup> until April 30<sup>th</sup>

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](mailto:ellisrecoffice@gbta.net)

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

DOB: \_\_\_\_\_

Emergency contact:

Name \_\_\_\_\_ Ph \_\_\_\_\_

List medical conditions/if any: \_\_\_\_\_

