

Classes Offered To Help Build Muscular Strength

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News

Posted by : Tom

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A University Extension specialist has provided specifics about a series of classes aimed at helping senior citizens and others build their muscular strength.



These classes are to held in three area locations -- Princeton, Ridgeway, and Bethany beginning January 21st or 23rd. Janet Hackert is a Regional Nutrition Specialist with Harrison County Extension in Bethany:

[Click here to listen to Janet Hackert](#)

Weights will be provided for use during each of the classes. Persons attending are requested to wear comfortable clothing and shoes, and bring a towel and water.

Mrs. Hackert offers some examples of past participants in the classes:

[Click here to listen to Janet Hackert](#)

Persons can signup for the "Stay Strong, Stay Healthy" classes with the Harrison county extension office at Bethany. There will be a fee to attend.

The Princeton class meets 9 to 10 am Tuesdays beginning January 21st at the Stacy Multi-Purpose Center. The class at the Ridgeway School meets from 1 to 2, also starting January 21st. The Bethany class will be held on Thursday mornings, from 9 to 10, beginning January 23rd, at the Extension Center located in the basement of the Harrison County Courthouse.