

Weld Aging Well
To Age Well is to Live Well



Weld County Area Agency on Aging
• Weld Aging Well •

Strong People Program

Benefits of Strong People:

- Maintain/improve strength, flexibility and balance
- Hand weights and ankle weights are used in this program
- Resistance training builds bone density, muscle mass and improves joint health
- Learn appropriate exercises, proper technique and intensity specific for you



Registration required!

1st come 1st served!

**FREE to
adults 60+**

**For current schedule or to
register contact Whitney at:
Wjanzén-pankratz@weldgov.com
Or call : (970) 400-6117**

Donations Accepted.

