



**“It’s never too late to reap the benefits
of a healthy lifestyle”**

- Governor Kathleen Sebelius



New England Building
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Topeka, KS 66603
1-800-432-3535
www.agingkansas.org

The Kansas Department on Aging (KDOA) does not discriminate on the basis of race, color, national origin, sex, age or disability. If you believe you have been discriminated against by either KDOA or a KDOA funded program, please contact KDOA to receive additional information on filing a complaint: 1-800-432-3535 (voice); 1-800-766-3777(TTY).

November 2008



KANSAS DEPARTMENT ON AGING

STEPS

Seniors Together Enjoy Physical Success









A program funded by The Sunflower Foundation: Health Care for Kansans



As part of the Governor’s Healthy Kansas Initiative, the Kansas Department on Aging has implemented an exercise program targeted for seniors over the age of 60, **Seniors Together Enjoy Physical Success, or STEPS.**

The program, modeled after Enhance Fitness, a program of Senior Services of Seattle/King County, is designed to improve the quality of life for seniors by improving mobility and functioning that helps them maintain their independent lifestyles.

The exercise regimen is offered at different levels to accommodate individual’s specific needs. They focus on stretching, improving balance, coordination, and upper and lower extremities strength. The program will be available in 15 locations over a span of three years.

-  **Anyone over the age of 60 can participate**
-  **Levels for active older adults and levels safe enough for the unfit or near frail**
-  **No equipment needed**
-  **Work at your own pace**
-  **Instructors are nationally certified and trained in fitness for seniors**
-  **One hour classes offered three times a week**

For questions about the program, contact:

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 KDOA In-Home Program Manager
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2006 Communities

Oberlin	Golden Age Center	(785) 475-2901
Topeka	Downtown YMCA	(785) 354-8591
Great Bend	Central Kansas Medical Center/ Great Bend Recreation Commission	(620) 793-3755

2007 Communities

Concordia	Cloud County Commission on Aging	(785) 243-7028
Cottonwood Falls	Senior Center of Chase County	(620) 273-8511
Dodge City	Parks and Recreation Department	(620) 225-8160
Garden City	Garden City Senior Center	(620) 275-0196
Hiawatha	Fisher Center	(785) 742-7176
Winfield	Cowley County on Aging	(620) 221-7020

2008 Communities

Haysville	Haysville Senior Center Haysville Activity Center	(316) 529-5903 (316) 529-5922
Osawatomie	Miami County YMCA	(913) 755-3622
Topeka	YWCA of Topeka	(785) 233-1750
Ulysses	Grant County Recreation Commission	(620) 356-4244