

"It's never too late to reap the benefits of a healthy lifestyle"

- Governor Kathleen Sebelius



New England Building 503 S. Kansas Avenue Topeka, KS 66603 1-800-432-3535

www.agingkansas.org

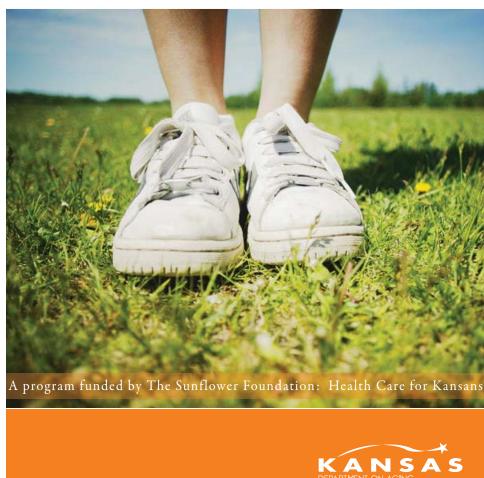
The Kansas Department on Aging (KDOA) does not discriminate on the basis of race, color, national origin, sex, age or disability. If you believe you have been discriminated against by either KDOA or a KDOA funded program, please contact KDOA to receive additional information on filing a complaint: 1-800-432-3535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

November 2008

KANSAS DEPARTMENT ON AGING

STEPS

Seniors Together Enjoy Physical Success





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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(785) 296-6448

| | 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 n |
| 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 | ` , |
| Osawatomie | Miami County YMCA | (913) 755-3622 |
| Topeka | YWCA of Topeka | (785) 233-1750 |
| Ulysses | Grant County Recreation Commission | (620) 356-4244 |