

Free Strength Training Program. Get Stronger. Have fun.

Lebanon County Area Agency on Aging

The agency will be partnering with Penn State to offer this program.

WHAT IS IT?

A group strength training program using resistance bands. Some exercises are done while standing, most while sitting.

CLASSES

- Classes are held **Mondays, Wednesdays** and **Fridays** from **4:45 PM to 5:30 PM @ Maple Street Senior Community Center, 710 Maple Street, Lebanon, PA**
- Classes are free of charge

WHO IS THIS FOR?

- People 50 years of age & over
- People who have noticed trouble doing things or who are concerned about losing their independence
- People who want to be around others and have fun. People tell us "Interacting with the group, makes you look forward to coming" and "It is fun being with others during the time"

WHO IS THIS NOT FOR?

- People who cannot stand up from a chair without an assistive device.
- People who get chest pain or lightheadedness with exertion.