

**8th ANNUAL
WOMEN IN AG
EVENING**

**WEDNESDAY,
AUGUST 23RD AT THE
TROY COMMUNITY BUILDING.**

REGISTRATION -FREE

**SOCIAL HOUR/LIGHT SUPPER
BEGINNING AT 6:00 P.M.**

**WONDERFUL EVENING OF
ENTERTAINMENT & KNOWLEDGE!!**

CALL CHRIS GRIFFIN AT 785-985-2221

COME TO THE FAIR!

**The Doniphan County Fair will be
Monday, July 24th - Friday, July 28th.
*Horse Show is July 22nd at 6:00 p.m.**

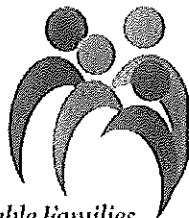
OPEN CLASS exhibits can be entered on
Monday and Tuesday.

*Please check the fair schedule for details.

OPEN CLASS fair books are available here at
the Extension office. Please stop by and pick
one up.

HELP SPREAD THE NEWS about Open Class
exhibits! *Any Doniphan County citizen can
enter.*

**FAMILY &
CONSUMER
SCIENCES**



Creating Healthy & Sustainable Families

Stay Strong, Stay Healthy



STAY STRONG STAY HEALTHY

Stay Strong, Stay Healthy is an 8-week
exercise program for older adults, that
meets twice a week for 1-hour classes.

The program's goal is to improve
participants' health and quality of life.

Each hour-long class includes:

Warm-up exercises

Easy strengthening exercises, with or
without weights

Cool-down stretches

During the program, you will learn
exercises to improve strength, balance,
and flexibility. After the program ends,
you can continue in the comfort of your
own home or with a group.

PROGRAM DETAILS:

**8 Week Stay Strong Stay Healthy
Program Orientation and Assessment
Meeting: August 7, 2017**

**Class Dates: Twice a week, Tuesday
and Thursday, beginning on:
August 8, 2017**

Cost: \$20

Time: 9:00 a.m. - 10:00 a.m.

**Location: Doniphan County Fairgrounds,
Troy, KS**

***Pick up a Registration packet(s) at
the Doniphan County Extension office,
105 S. Liberty, Troy, Kansas**