



Fitness Reaching Older Gens
Southwest Nebraska Public Health Department



It's never too late to leap into a healthier lifestyle!

FROG (Fitness Reaching Older Gens) is a program that helps older adults prevent injuries caused by falls by improving their mobility and strength.

The exercises are low impact (with or without chair assistance) and only as strenuous as you want them to be. Registration and the classes are free. You may join at any time!

Participants must be registered Sterling Connection members unless referred by a physician or other healthcare provider.

Join the FROG class nearest you!

McCook Mon, Thurs, & Fri • 9:00 am | E-Free Church
Tues & Thurs • 5:15 pm | Methodist Church

Tai Chi for Diabetics is held every Mon & Thurs at 6:00 pm at the
McCook E-Free Church.

Indianola..... Wed & Fri • 8:30 am | Community Center

Stratton..... Tues & Fri • 10:00 am | Grandview

Curtis Wed • 9:00 am | Community Center

Trenton Tues & Thurs • 9:30 am | Trenton Library

Culbertson..... Tues & Thurs • 9:00 am | Methodist Church

Hayes Center..... Tues • 9:30 am | Senior Center

Palisade Mon • 4:30 pm | Methodist Church

For more
information, call:

Sarah Wolford
308-344-8550 or

Brenda McGuire
308-345-7081



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