

LIFT

LIFELONG IMPROVEMENTS THROUGH FITNESS TOGETHER



NC Cooperative Extension's newest program designed to help older adults improve strength, mobility, and build healthy eating habits.

LIFT is an 8-week strength training program held in-person. Participants meet twice a week for 1-hour sessions. This program is designed to help you:

- ***Have fun!***
- Improve everyday fitness
- Connect with others
- Make daily activities easier
- Eat smarter
- Build healthy habits to last a lifetime

For accommodations for persons with disabilities, contact Linda Minges by September 13, 2022: 704.922.2127

Sponsored by:



WHERE: Common Ground
5481 Hickory Grove Road
Stanley, NC 28164

WHEN: *Q & A Session:*
August 30 | 10 - 11am @ Common Ground
Workshop Sessions:
September 27 - November 17
Tues. & Thurs. (total of 16 sessions)

TIME: 10:00 - 11:00 AM

COST: No cost to you!

FACILITATOR: Linda Minges, *Registered Dietitian*

INFO/RSVP: Registration required by September 6th:
Phone: 704.922.2127
Email: linda_minges@ncsu.edu