

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 February 20, 2023: 704.922.2127

Sponsored by:



NC STATE

Extension Master
Food Volunteer Program

WHERE:	Lucile Tatum Center 959 Osceola St., Gastonia, NC
WHEN:	<i>Q & A Session:</i> Mon., February 13 3 - 4pm @ Lucile Tatum Ctr <i>Workshop Sessions:</i> March 6 - April 26 Mon. & Wed. (total of 16 sessions)
TIME:	3:00 - 4:00 PM
COST:	No cost to you!
FACILITATORS:	Linda Minges, MPH, RD, LDN Extension Master Food Program Volunteers
INFO/RSVP:	Registration required by February 20: Phone: 704.922.2127 Email: linda_minges@ncsu.edu