



**Are you a sedentary adult who is looking to build stronger muscles and reduce your risk of falls? If so, consider joining LIFT (Lifetime Improvements through Fitness Together), an 8-week, group-based strength training program offered by Virginia Cooperative Extension that promotes balance, flexibility, functional fitness and strength.**

**What is LIFT?**

- Evidence-based strength training program for older adults who are mobile enough to get up and down from the floor
- Cost: \$25 includes instruction and use of some weights

**Where is LIFT?**

- Wesley United Methodist Church, 527 Van Fossen St, Winchester, 1-2 p.m.
- Mondays and Wednesdays for 8 weeks beginning January 22, 2018

**How do I register for LIFT?**

- Complete and return the form below with a check for \$25 made out to Treasurer, Virginia Tech and mail to Marsha Wright, 107 N. Kent St., Winchester, VA 22601. Deadline to register: January 12.



For information on how to register, contact Rebecca Davis at [Rdavis58@vt.edu](mailto:Rdavis58@vt.edu), 540-665-5699

Name: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Address: \_\_\_\_\_

There will be a \$50 service fee for all returned checks. If you are a person with a disability and desire any assertive devices, services, or other accommodations to participate in this activity, please contact Rebecca Davis at (540) 665-5699\* during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120.



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