



EXTENSION GET FIT

Get fit in a friendly and fun group setting, at your pace. Extension Get Fit is a community-based strength training program that is fun and accessible. Targeted for midlife and senior participants. In partnership with the NMSU Extension Office

This program is designed to:

- Improve strength, balance and flexibility
- Reduce the risk of falls
- Help maintain independence
- Increase energy
- Help manage your weight
- Decrease pain
- Help you feel better!

Photo by Centre for Ageing Better on Unsplash

MONDAYS 10 A.M. - 11 A.M.
September 8th-October 13th

Presbyterian Medical Group

St. Michael's Conference Room

454 Saint Michaels Dr. Santa Fe, NM 87505

**To register,
Use the QR code
or call 505.471.4711**



New Mexico State University, in cooperation with the U.S. Department of Agriculture, is an equal opportunity/affirmative action employer and educator. If you are an individual with a disability and need an auxiliary aid or service, please call the Extension Office at 505-471-4711, 2 weeks prior to the event.