



Clay County Aging Well Programs

- **AgrAbility** – Assists older and disabled farmers through prevention and rehabilitation.
- **FIT in 10** – Exercise program designed for adults and senior adults. (DVD available)
- **Adventures in Grandparenting** – Advice for grandparents raising grandchildren.
- **Strong Women & Men** – Low impact strength-training program created for mid-life to older women and men. Strength training 3 times a week improves balance, flexibility, strength and endurance. Clay County has four Strong Women groups currently meeting:

RECTOR – Monday, Wednesday, and Friday at 9:00 a.m. at the Rector Community Center.

PIGGOTT – Monday, Wednesday, and Friday at 9:00 a.m. at the Piggott Community Center.

CORNING – Monday, Wednesday, and Friday at 9:00 a.m. at the Corning Community Center.

KNOBEL – Monday, Tuesday, and Thursday at 6:00 p.m. at the Knobel Community Center.

Photo: Women in Rector are getting stronger with Clay County's Strong Women Program.