OSU EXTENSION SERVICE | Family and Community Health

Join a FREE STRONGPeople™ Exercise Class

Improve your:

- Strength
- Balance
- Flexibility
- Sleep
- Mood
- Social connections
- And more!

StrongPeople™ Strength Training

StrongPeople™ is an evidence-based community excersice program designed to improve strength, balance, and overall well-being for adults of all ages.

Seneca City Hall

Beginning January 2027

More info coming soon!

And it's FREE!

Oregon State University

OSU Extension Service prohibits discrimination in all its programs, services, activities, and materials. Accommodation requests related to disability should be made by one week prior to the scheduled event date to carol.waggoner@oregonstate.edu