

**NEWS RELEASE**  
FOR IMMEDIATE RELEASE  
Dec. 30, 2010

**Contact:** Lisa V. Horn  
Communications Coordinator  
Office: (785) 856-7362

### **Personal Actions to Health (PATH) class to begin**

**(Lawrence, KS)** – Are you 50 and over and looking for a healthy way to start 2011? The Personal Actions to Health (PATH) class can help. PATH is designed to help people age 50 and older develop a healthier lifestyle and to retain functions necessary to remain independent.

Classes are taught by nutrition and exercise experts and focus on nutrition (including low fat cooking), the effects of exercise on chronic diseases (and how to manage them) as well as flexibility and strength-building exercises. Test results of past PATH participants have shown improved agility, balance, coordination, flexibility, strength and endurance.

The next PATH class begins Feb. 1 and meets from 9 to 11 a.m. Tuesdays and Thursdays until March 10 at the East Lawrence Recreation Center, 1245 E. 15<sup>th</sup> St. The fee for the six-week class is \$25. To enroll, go to Lawrence Parks and Recreation's website at [www.lprd.org](http://www.lprd.org) or visit the South Park Recreation Center, 1141 Massachusetts St. in Lawrence.

PATH is sponsored by past participants and a host of community agencies, which are: the Lawrence-Douglas County Health Department, Douglas County Senior Services Inc., Lawrence Memorial Hospital, the City of Lawrence Parks and Recreation, K-State Research and Extension and the University of Kansas Department of Health, Sport and Exercise Sciences.

-30-