



# HEALTH AND FITNESS



## Keep those New Year's resolutions

*Trainer and gym manager weigh in on goal achievement*

By Antjea Wolff  
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PITTSBURG, Kan. — Pinamonti Physical Therapy and Wellness Center employees said accountability was the most important aspect for getting healthy and achieving goals.

The start of the new year is typically the time people want to make life changes, and getting healthier is a common resolution. However, a lot of people will go strong for about two weeks and then quit, according to Pinamonti Manager Brandi Overman.

“A lot of people come to a gym by themselves as a first-time gym goer and they are not 100 percent sure what they are doing and sometimes they find themselves feeling uncomfortable,” she said.

Overman said many

times people feel a little intimidated because they see other people outperforming them, but it was important not to get discouraged.

Small gestures such as writing down a reminder or keeping track of when you exercise on your phone, can help get people in a routine of going to the gym.

The hardest part is the drive to the gym, Overman said.

During the winter months when the weather is cold, it's overcast and it gets dark earlier, she said, people have an especially hard time going to work out. She has found it is especially hard for individuals to go after working all day.

Pinamonti Fitness Coordinator and Personal Trainer Lacy Brant said she encourages her clients to prepare by packing a gym bag with clothes, water and a snack and putting it in the car the night before. She said if someone goes home after work, they will not leave and go to the gym.

The wellness center is currently trying a new goals program that has



clients set a big goal for themselves along with several smaller, easily attainable goals that will help them reach the big one.

“We wanted to feed into the accountability side of that,” Overman said. “That way they are checking in every three months with Lacy to make sure they are on track for that goal.”

Brant said she uses a “three-root system.” She said she tells her clients that to succeed they must do some

form of exercise or move their body, take in healthy nutrition and manage stress as much as possible. She pointed out that eating healthy nutrition does not mean following a diet, it's more about changing the mindset that food is not comfort, it is fuel for the body.

To maintain this three-root system, Brant said, having another person holding them accountable is key.

“Creating a cadence

of accountability is very important” she said. “To know that there's going to be someone or someones there either at a class or someone who is meeting you here makes all the difference.”

It could be a brother, sister, co-worker, friend or just someone who is in the same workout class, she said.

“It's so remarkable to be able to have that accountability that someone is going to hold you up when you don't feel

in a good place to do that,” Brant said. “They walk through these doors and when they do that, they are in that environment that says I can stay because someone is going to help carry them through.”

While a lot of people might think the number of gym memberships rise at the beginning of the year to coincide with the new year resolutions, Overman said they see the biggest jump in the spring and summer.

Brant said she believes that is because of the more abundant sunshine and people feeling more energized.

When it comes to achieving goals, it is best to break them down so that a big goal is not overwhelming, she said.

In whatever way someone decides to get healthier, whether it's just going for a walk every day or joining a gym, Brant said having encouragement and determination is important.

“Have the audacity to say, ‘I'm going to do this no matter what,’”

## Class teaches healthy food, healthy lifestyle

By Aaron Pyle  
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PITTSBURG, Kan. — After a two-month hiatus, the K-State Wildcat Extension District's ‘Fresh Conversations’ program returned to the Pittsburg Public Library this week. The goal of the interactive program is to teach low-income communities how to make healthier food and beverage choices, set goals, engage in physical activity and try a tasty recipe.

“Fresh Conversations is a class, once a month, based off of a newsletter,” said Wildcat Extension District's student nutrition assistant Kylee Perry. “There is a nutrition topic and physical activity topic and a recipe that we will do that ties into whatever our topic is on the day. It's a great way to bring together this community of adults and older adults, but also a great way just for them to continue to learn because you don't just stop learning once you get out of school.”

Thanks to SNAP-Ed, Fresh Conversations is free. Implemented by Kansas State University Research and Extension, SNAP-Ed is funded by a grant from the United States



Wildcat Extension District's student nutrition assistant Kylee Perry discusses takeaways from the Fresh Conversation program's November session. The program teaches participants how to make healthier food choices and ways to live a healthier life. The next session is scheduled for 6 p.m. Tuesday, Feb. 18, at the Pittsburg Public Library, located at 308 N. Walnut. AARON PYLE / THE MORNING SUN

Department of Agriculture (USDA) in collaboration with the Kansas Department for Children and Families.

As part of January's class, attendees listened to Perry talk about vitamin D deficiency, depression, outside activity, plant growing, and finished the program by cooking up a tasty meal. The result was a

salmon pasta skillet of 150 calories, 3.5 grams of total fat, 20 milligrams of cholesterol, 10 grams of protein and three micrograms of vitamin D as well as 11 milligrams of vitamin C.

The remaining dates for the class, which takes place from 6 to 6:45 p.m. at the Pittsburg Public Library,

are Tuesday, Feb. 18; Tuesday, March 18; and Tuesday, April 15.

For more information, contact Perry at [kyleep@ksu.edu](mailto:kyleep@ksu.edu).

*This reporting is made possible, in part, by the Support Local Journalism Project Fund. Learn more at: [southeastkansas.org/Localnews](http://southeastkansas.org/Localnews).*

## Tips for senior citizens to stay active

PITTSBURG, Kan. — February is National Senior Independence month, and Kayli Montoya-Huston, owner of Kayli Montoya Fitness in Pittsburg has some tips for seniors to improve their strength, mobility, and overall well-being.

“Independence is about more than just living on your own—it's about feeling strong, confident, and capable of enjoying life on your terms,” Montoya-Huston, a certified personal trainer said in a release. “Through safe, intentional exercise, seniors can maintain the mobility, balance, and strength they need to live life to the fullest.”

### 5 TIPS FOR SENIORS TO STAY INDEPENDENT

1. Focus on Strength Training

Building muscle helps maintain balance and stability, reducing the risk of falls. Resistance exercises using light weights, resistance bands, or even body-weight can help seniors maintain strength.

2. Stay Mobile with Stretching

Regular stretching helps maintain flexibility, reducing stiffness and improving range of motion. Gentle

stretches for the hips, shoulders, and back are especially beneficial.

3. Incorporate Balance Exercises

Simple exercises like standing on one leg or walking heel-to-toe can improve balance and coordination, key factors in preventing falls.

4. Keep Up with Cardiovascular Activity

Low-impact cardio activities like walking, swimming, or cycling can improve heart health, stamina, and endurance, enabling seniors to stay active throughout the day.

5. Join a Fitness Class or Work with a Trainer

A structured fitness program designed for seniors can provide guidance, accountability, and social interaction. Whether in a group class or one-on-one sessions, personalized support ensures safety and maximizes results.

To help local seniors achieve their fitness goals, Kayli Montoya Fitness offers private training sessions tailored to seniors' unique needs and group senior fitness classes focused on building strength, improving balance, and fostering community. Classes are held weekly at The Villas at

# Something about the water

## Exercise in the pool helps mind and body

By Jenny Letner  
Special to the Morning Sun

You may not know it, but there is a slice of summertime heaven in Frontenac, Kansas. I'll stop right here for those of you who know what I'm referring to and let you take a moment to dream about the summertime sky, the beautiful clear water, the sweet '70s tunes and the sound of laughter and friendships. If you know you know, and if you don't, well, I'll do my best to explain. Every summer I teach a water exercise class at the Frontenac City Pool. Through a series of almost perfect scenarios this class has evolved into an incredibly special place for the many people who attend. We start our much-anticipated summer season on the first Monday in June and continue through the second or third week in August. The class is offered Monday through Thursday from 9-10 a.m. and is followed by adult open swim from 10-11 a.m. Anyone who feels a little timid when they first show up will quickly find that we're a fun and accepting group and before too long will be

walking around in their swimsuit during class without a care in the world. We work out together, we laugh a lot, and we form friendships that carry on outside the pool. I love it. I love the people, and I love the place.

Water exercise is special. Period. How do I know this? Well, I walked onto my first pool deck to teach a water aerobics class for my grandma when I was 16 years old. I'm willing to admit that that was almost 36 years ago. I have learned a lot over the years, but what I want to share with you is the recurring themes of "there's just something about the water," and "I don't know what I would do without this class." It does not matter if the water aerobics class is indoors or outdoors, it's special either way.

Water aerobics is generally defined as aerobic exercise performed in waist-to chest-deep water and led by a trained instructor. Water exercise is unique because of the principles of buoyancy, resistance, and flow. Buoyancy is the upward force exerted by the water, which

counteracts the weight of our bodies submerged. When we are submerged to our belly button, approximately 50% of our body weight is supported by the water, at our chest this increases to approximately 60% and at our collar bone 85%. This creates a workout environment that reduces impact on joints and allows us to move more freely and with more intensity than if we were exercising on land. The buoyancy of the water is especially beneficial for individuals with chronic pain conditions.

The natural resistance of the water is unique and cannot be recreated on land. This resistance can be modified with cues from an



Aquasize class at the Pittsburg Y, led by Mavis Benner, celebrates Halloween. CONTRIBUTED PHOTO

instructor based on speed and intensity of movement, body position and aquatic exercise equipment. Trust me when I say that a water exercise class could be one of the most physically challenging classes you have ever taken, it just depends on how much you want to use the water to increase the intensity of your workout. This resistance can be used to develop both muscular strength and endurance.

A good water exercise instructor will be familiar with the water's flow dynamics and create workouts that use currents and turbulence to optimize muscle engage-

ment and aid in stretching and recovery.

When an individual is submerged in the water they are subjected to the hydrostatic pressure of the water. It's likely that this pressure has a lot to do with the "there's just something about the water" theme that I mentioned earlier. Hydrostatic pressure refers to the pressure exerted by a fluid at rest. The pressure is greater the deeper the submersion. Hydrostatic pressure has a multitude of health benefits including enhanced blood flow, which aids in faster healing times, removal of excess fluid and metabolic waste for reduced inflammation, increased delivery of oxygen and nutrients for greater pain relief and restored tissue and elasticity for greater mobility.

Being in the

water enhances a person's overall health and quality of life, which then has a positive impact on mental health and wellbeing and begins to answer the "there's just something about the water" theme.

Researchers have found that water has a significant physiological impact on health but now I'd like to look at the sociological benefits of being a part of a water exercise class. I imagine that the "I don't know what I'd do without this class" theme has every bit as much or more to do with the social aspect of the class as the physiological effects of being in the water. Our local YMCA has a popular water fitness class that's led by Mavis Benner every morning at 9 a.m. I asked Mavis what the class means to her and her class participants, and she said that she personally loves

SEE WATER, 4C



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# Rise in diagnoses is prompting more US adults to ask: 'Do I have ADHD?'

NEW YORK (AP) — Allison Burk's teenage daughter struggled with uncontrolled emotions, a shrinking attention span and a growing tendency to procrastinate. A family doctor suggested ADHD testing, which led to an unexpected discovery: The teen had ADHD, and Burk did too.

During her daughter's evaluation, Burk thought, "Wait a minute. This sounds familiar," she recalled.

"I was able to piece together that this might be something I was experiencing," said Burk, of Columbus, Ohio. She subsequently underwent her own testing and was diagnosed with ADHD — at age 42.

More adults are being diagnosed with attention-deficit/hyperactivity disorder. Diagnoses have been rising for decades but seem to have accelerated in the last few years.

A recent study suggested that more than 15 million U.S. adults — roughly 1 in 17 — have been diagnosed with ADHD. The condition always starts in childhood, but about half of adults with it are diagnosed when they are 18 or older.

Some doctors say the number of people coming in for evaluation is skyrocketing.

"Just in our clinic, requests for assessments have doubled in the last two years," said Justin Barterian, a psychologist based at Ohio State University.

Here's a look at the phenomenon, and how to know if you might have the condition.

## ADHD SYMPTOMS IN ADULTS

ADHD makes it hard for people to pay attention and control impulsive behaviors. It can be inherited, and is often treated with drugs, behavioral therapy, or both.

"It's like there's an engine in you and you feel like it's always running, and you can't turn it off except with medication," said Judy Sandler, a 62-year-old Maine woman who was diagnosed in her 50s.

ADHD has been called the most commonly diagnosed mental health disorder in U.S. children, with more than 7 million kids diagnosed. Historically, it was thought to mainly affect boys (perhaps because



Judy Sandler, who was diagnosed in her 50s with ADHD, poses at her home, Thursday, Jan. 23, 2025, in Lincolnville, Maine. (AP PHOTO/ROBERT F. BUKATY)

boys with ADHD were seen as more disruptive in school) and to be something that kids grew out of.

But experts believe many people aren't diagnosed as kids and live with symptoms into adulthood.

Adults with the condition talk about having trouble focusing on tasks, juggling responsibilities, and planning and managing their time. Some talk about not putting things away, and straining personal relationships with their restlessness, mood swings and impulsiveness.

Burk said she was grouped with talented and gifted students in grade school but didn't complete college until her 30s because, "when I was 19, I hitchhiked across the country on a whim" and ended up a single mother in her early 20s. She now works in marketing and media relations for Ohio State University's College of Veterinary Medicine.

## DIAGNOSES HAVE BEEN RISING

Diagnoses have been climbing in both kids and adults, and the recent government report found adult ADHD was more common than earlier estimates.

"We haven't had (federal) adult ADHD data in a long time," said one of the study's authors, Angelika Claussen of the Centers for Disease Control and Prevention. There were indicators of the rise, she added.

Increasing demand for ADHD medication led to widespread shortages after the COVID-19 pandemic hit in March 2020. A 2023 study showed the rise in prescriptions was particularly notable in adults — especially women.

ADHD diagnoses and prescriptions were increasing before the pandemic, due partly to a change in general diagnostic criteria in 2013 that broadened the definition of ADHD and reduced the number of symptoms a patient needed to have.

But case counts really seemed to jump in 2020, when schools were closed and many adults were forced to work from home.

"It's very difficult to focus when you are home and you have kids," Claussen said. "That may have exacerbated the symptoms for people who'd had mild ADHD but were able to cope" before the pandemic.

## HOW ADHD IS DIAGNOSED IN ADULTS

The last few years have seen growing cultural acceptance and curiosity about the condition, fueled by a proliferation of "I have ADHD" social media videos and online medical start-up companies offering 5-minute diagnostic quizzes.

Indeed, the long-held belief that ADHD was underdiagnosed in adults has given way to recent debates about whether it's become overdiagnosed.

There's no blood test or brain scan for ADHD. Experts say it is diagnosed when symptoms are severe enough to cause ongoing problems in more than one area of life, and when those symptoms can be traced to pre-adolescent childhood.

Ideally, a psychologist or psychiatrist diagnoses it by taking careful histories from patients and from people who know them, experts say. They also might ask patients to take tests designed to check their memory and ability to concentrate. Doctors also must rule out anxiety, depression and other conditions that can have similar symptoms.

But getting an appointment with a mental health professional can take months, and intensive ADHD evaluations can cost thousands of dollars. Many patients turn to family doctors or even online diagnostic quizzes, some of them connected to telehealth companies that prescribe medications.

"There is wide variability in this country in how people diagnose, how strict they are, and who they diagnose," said Margaret Sibley, a University of Washington psychologist.

The American Professional Society of ADHD and Related Disorders is drafting a first national set of diagnosis and treatment guidelines for health professionals who treat adults, and expects to release them later this year.

The goal is "to improve the accuracy of diagnoses in this country," said Sibley, who is leading the work on the guidelines.

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# It's sick season. Here's how to protect yourself from norovirus, COVID-19, flu and RSV

## The Associated Press

In the winter months, it seems few are safe from some kind of illness — flu, COVID-19, norovirus, colds.

While many of the germs that cause this misery can circulate throughout the year, scientists think that the winter surge of flu and cold activity may be because we spend more time indoors and the cold, dry air may weaken our defenses.

But knowing what these bugs are and how they spread can help. While it may be difficult to make it through the season totally unscathed, there are some things you can do to protect yourself from these respiratory and stomach viruses.

How do I know whether I have the cold, the flu, COVID-19 or something else?

Some symptoms are hard to distinguish among illnesses, especially with respiratory viruses. Others are unmistakable.

— Norovirus is a foodborne illness that can spread through water and contaminated surfaces and can cause vomiting, diarrhea, nausea and stomach pain for about one to three days.

— The common cold can be caused by several different types of viruses and can cause a runny nose, congestion, cough, sneezing, sore throat, headaches, body aches or low fever for less than a week.

— The flu, caused by influenza viruses that are always changing, leads to fever, chills, cough, sore throat, runny nose, body aches, headaches and feeling tired. Flu symptoms tend to hit more quickly than cold symptoms, and can last anywhere from a few days to two weeks.

— COVID-19 can cause fever, chills, cough, short of breath, sore throat, congestion, loss of smell or

taste, fatigue, aches, headache, nausea, or vomiting for several days.

— RSV can cause a runny nose, congestion, coughing, sneezing, wheezing, fever and a loss of appetite for a week or two.

One way to protect yourself from all viruses: Wash your hands

Seriously. Rigorous and frequent hand-washing — with soap! — is crucial to reduce the spread of norovirus, colds, flu and COVID-19.

This is especially true after using the bathroom and eating or preparing food, the U.S. Centers for Disease Control and Prevention says.

Don't speed through it, either. Count to 20, slowly, while you scrub away.

If you don't have access to soap and water, try a hand sanitizer with at least 60% alcohol — though that isn't enough to wipe out norovirus.

Cleaning surfaces can wipe out viruses

If norovirus has found you, you'll want to immediately clean surfaces that came in contact with contaminated food or bodily fluids. The CDC recommends disinfecting things with a chlorine bleach solution or one of the products listed on this Environmental Protection Agency website.

Don't forget to wash any clothing that came in contact with vomit or feces — use hot water and detergent. Then, wash your hands. Again.

With colds and flu, it's best to regularly clean surfaces that you come into a lot of contact with. Think door-knobs, light switches, countertops, beloved toys, cellphones.

Use household cleaning products that contain soap or detergent, and follow it up with a sanitizer. The CDC has more tips on how to clean.



A child washes her hands at a day care center in Connecticut on Thursday Aug. 27, 2020. (AP PHOTO/JESSICA HILL, FILE)

## TIPS

CONTINUED FROM 1C

Creekside in Pittsburg and are open to all individuals 55 years and older.

"Seniors have so much potential to

improve their quality of life through movement," Montoya-Huston emphasizes. "It's never too late to take control of your health and feel stronger and more capable than ever."

For more information on private training or group classes, contact Kayli Montoya Fitness at 620-757-9146 or visit [www.kaylimontoyafitness.com](http://www.kaylimontoyafitness.com).

About Kayli Montoya Fitness

Kayli Montoya Fitness is a Pittsburg, Kansas-based fitness business.

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**WATER**

CONTINUED FROM 2C

sharing the benefits of exercise and believes being physically fit can add life to your years. She told the story about Johnny, a man in his 90s, who drives over from Missouri every morning because he understands the benefits of socializing and being in the water. She mentioned a lady in her class who said she'd rather exercise in the occasionally cold water at the Y than not get in the water at all and another who said if she doesn't come to class, she won't be able to walk the next day. I visited the Y this morning after Mavis' class, and people were still hanging out in the pool, talking, laughing, and enjoying the water's benefits and the time spent socializing. A healthy social support group is an indicator for health and quality of life, and you can see this in action at the YMCA pool.

In my experience, I have witnessed our water aerobics groups being there for each other through it all. From tense times surrounding unsettling medical diagnosis to being there for each other through the immense grief experienced from the loss of a family member. On a personal note, I lost my dad and my grandma on the same day a few years ago and my water aerobics friends were an important part of my life during this time. Their love and support made the process sting just a tiny bit less. Last sum-

mer I was diagnosed with uterine cancer, and I don't know what I would have done without the love and advice and overall care from my group of water aerobics ladies. The way they loved me through that experience was something beyond special. They did that for me, and they do that for each other. I know this support happens with a lot of exercise groups, and I cherish my groups of land-based exercise friends, but I'm here to tell you that there's something above and beyond about the relationships that are formed while exercising in water. Don't believe me? Try it and see what happens. The YMCA currently offers two water fitness classes and a super fun aqua salsa class. Give them a call at 620-231-1100 for more information. In the past, the City of Pittsburg has offered a summer water aerobics class at the Pittsburg Aquatic Center and a fun and unique water exercise class using the PAC's lazy river, I think these classes are still offered every summer. Check with your local city for information on aquatic exercise offerings.

So, you see, there really is just something about the water, and I don't know what I'd do without my water aerobics class. I do hope you'll give water exercise a try. It's for everyone, male and female and all ages and abilities. My outdoor class at the Frontenac City Pool will start back in 117 days, but who's counting?

# Which style of yoga is right for me? Here's a primer, with a caveat

By ALBERT STUMM

Associated Press

To some people, the word "yoga" evokes ritualistic chanting, long breaths and slow movement. To others, it means contorting your body into ever more complicated positions until sweat drips onto the mat.

In reality, it can be both — with a lot of variation in between. It depends on the teacher, who could be trained in several of numerous yoga styles: hatha, vinyasa, Iyengar, ashtanga, yin and more.

Though all styles involve poses (asanas), they differ in significant ways. Even classes within the same style can range from calming to vigorous.

So what is the best type of class for a beginner?

"The best is the one that works for you," said Tim Senesi, who has been teaching yoga in Orange County, California, for 22 years. "There are many different paths leading toward the same aim."

Here's a primer on some of the most popular styles, followed by a big caveat.

The hatha/yin yoga styles

The term "yoga," which is derived from the Sanskrit for "union," actually encompasses an entire discipline that includes movement, meditation and lifestyle. Hatha, meaning "force," technically is any kind of yoga class involving asanas. If you've ever heard of a sun salutation, for instance, that is a foundational sequence of 12 asanas that begin many types of classes.

When it comes to classes listed as hatha, however, they generally are gentler with more focus on breathing exercises (pranayama). Poses are held for a few breaths and students usually move more slowly.

Hatha can be good for beginners who are looking to relax while improving flexibility and balance.

Another style, yin, is even more focused on recovery by working to stretch the muscles' connective tissue. Stu-

dents hold poses for 5 minutes or more, allowing the body to settle into a pose rather than pushing it.

The vinyasa/ashtanga styles

A more vigorous, flowing form of yoga, vinyasa coordinates movement with breath over a progression of asanas. Some higher-level vinyasa classes move at a pace of one movement per breath.

Often they will be called Flow or Power classes. They can be appropriate for people who are more athletic, but teachers still recommend that those students start with a

body through small adjustments. Poses are held for longer and students rely more often on props including cushions, blocks or straps.

Iyengar is particularly good for people recovering from injuries, or for people who are already active but want to get the foundation of yoga before moving into different styles.

The caveat about choosing yoga styles—These days, most

teachers blend various styles in their classes, and many classes aren't billed with these terms. The few words describing the class should give you an idea of what to expect, but don't be afraid to ask questions at the studio or reach out to individual teachers.

Ideally, seek out a beginner series, but if you can't find one that's right, don't worry. Most teachers are happy to have beginners in their classes and will make accommodations.


Most of all, commit to trying a few classes until you find the style or teacher that resonates with you.



Water exercise classes at the Frontenac pool are a popular summer activity. CONTRIBUTED PHOTO

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