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University of Montana–Missoula. Office of University Relations, "Four UM faculty assist senior citizen centers in physical activity programs for elderly" (1973). *University of Montana News Releases, 1928, 1956-present*. 26017.

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FOUR UM FACULTY ASSIST SENIOR CITIZEN CENTERS
IN PHYSICAL ACTIVITY PROGRAMS FOR ELDERLY

MISSOULA--

Four University of Montana faculty members recently completed a series of workshops dealing with the implementation of physical activity programs for residents of senior citizen centers in Montana. The workshops were Nov. 5-15 in Billings, Butte, Glasgow, Great Falls and Polson.

UM faculty from the UM Department of Health, Physical Education and Recreation participating in the program were Dr. Lloyd A. Heywood, assistant professor and workshop coordinator; Dr. Brian J. Sharkey, professor, and Dr. John L. Dayries, associate professor. Dr. Earl C. Brennen, associate professor of social work at UM, also participated in the workshops.

Heywood said the purpose of the workshops "was to inform the senior citizen center directors and their resource people of the value of physical activity in the lives of the elderly and to assist them in initiating physical activity programs at the respective centers."

"General response during the workshops was very enthusiastic, with the result that about 22 senior citizen centers have taken steps to implement physical activity programs," Heywood said.

The workshops were conducted under a grant from the State Aging Services Bureau.

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