

**\$10.00 Participation  
Fee due at first  
attended class!**

**A Doctor's Release is  
required to attend!**

**For Who:  
Men & Women of any  
age**

**When:  
Every Monday &  
Wednesday for 12  
Weeks Beginning  
Monday,  
December 11, 2017**

**Where:  
Eagle Park Comm. Cen.  
Belen, NM**

**What Time:  
10:30 am - 11:30 am**

**Who to Contact:  
Anne-Marie Wilson,  
Valencia County  
Extension Service  
Home Economics Agent  
(505) 565-3002**

**New Mexico State University  
Valencia County  
Cooperative Extension Service  
presents**

# **The StrongWomen Program**



**Group Leader:  
Anne-Marie Wilson,  
Valencia County Extension FCS Agent**

The StrongWomen Program is a national evidence-based community exercise and nutrition program targeted to midlife and older women. The program was designed to help women maintain muscle mass, strength, and function as they age.

New Mexico State University is an equal opportunity employer. All programs are available to everyone regardless of age, color, disability, gender, national origin, race, religion, sexual orientation or veteran status. NMSU and the USDA cooperating.