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.

For Who:
Men & Women of any age

When:
Every Monday & Wednesday for 12 Weeks Beginning Monday, June 11, 2018

Where:
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

$10.00 Participation Fee due at first attended class!

A Doctor’s Release is required to attend!

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