

**\$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,  
June 11, 2018**

**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.

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