

**\$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,
October 22, 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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