

StrongWomen is a research-based strength training program for mid-life and older women.
 It's *easy*, it's *fun*, and it *gets results!*



Current Program Locations:

Garland County	
New Salem Methodist Church	Mondays & Thursdays at 8:45 am
Leonard Street Baptist Church	Tuesdays & Thursdays at 9:00 am
Hot Springs Village—McAuley Center	Mondays & Thursdays at 9:00 am
Hot Springs Village—McAuley Center (Men)	Tuesdays & Fridays at 9:00 am
Piney Grove United Methodist Church	Tuesdays & Thursdays at 9:00 am
Hot Springs United Methodist Church	Fridays at 9:00 am
Hot Springs Senior Center	Tuesdays & Thursdays at 8:30 am
Montgomery County	
Norman—Barr Memorial Church	Monday, Wednesday & Friday at 8:15 am
Oden Baptist Church	Monday, Wednesday & Friday at 9:30 am
Mt Ida—Courthouse Annex	Monday, Wednesday & Friday at 8:45 and 10:30 am
Mt Ida Senior Center	Wednesdays & Fridays at 10:00 am
Caddo Hills School	Mondays & Thursdays at 3:30 pm
Lake Ouachita Baptist Church	Tuesdays & Thursdays at 8:30 am
Mt Ida School	Tuesdays & Thursdays at 3:30 pm
Saline County	
Hot Springs Village—Mountainside United Methodist Church	Wednesdays & Fridays at 8:30 am
Benton—Mt Carmel United Methodist Church	Mondays, Wednesdays & Fridays at 8:30 am
Hot Spring County	
Malvern Senior Adult Center	Mondays & Fridays at 12:30 & Wednesdays at 10:30

For more information contact:

Cooperative Extension Service Garland County Office at
 501-623-6841 or 501-922-4703 or
 email lgilmore@uaex.edu

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