



Strong Women, Healthy Women

Do You Want To:

- √ Improve Your Balance?
- √ Increase Strength?
- √ Control Your Weight?
- √ Have More Energy?
- √ Stop Bone Loss that Leads to Osteoporosis?
- √ Trim & Tighten?

If you've always wanted to start a strength training program but just did not know how to start, then this FREE program is for you!

LIFTING WOMEN TO BETTER HEALTH



STRONGWOMEN

- > Meet With Other Women!
- > Go At Your Own Pace!
- > Prevent Osteoporosis!
- > Increase Metabolism!
- > Feel Strong! Have Fun!

Enroll Now in the
Strong Women program
offered by the
University of Arkansas
Cooperative Extension
Service!

For more information, call the Extension Office at 501-623-6841
or Ingrid Planje at 767-8196.

Meetings held on Tuesdays & Thursdays at 10 am
beginning April 17th at Piney Grove United Methodist Church
located at 2963 Airport Road in Hot Springs.

Orientation meeting March 29th at 10 am.

This activity is made possible through a grant from the Blue & You Foundation for a Healthier Arkansas.

This meeting is open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.