

STRONG WOMEN, STRONG BONES

Join us for a **PROGRESSIVE STRENGTH TRAINING PROGRAM** that is appropriate for sedentary & active women of all ages. Use your own hand and leg weights to improve flexibility and balance!

When:

Tuesdays and Thursdays, 22 sessions
5:00-6:30 p.m.

October 16, 23, 25, 30,

November 1, 6, 8, 13, 15, 20, 27, 29,

December 4, 6, 10, 13, 18, 20,

January 8, 10, 15, 17

Place:

Christ the King Church
1708 Horseshoe Dr.
Pueblo, CO 81001 719-542-9248

Research shows strength training:

- Improves bone density
- Prevents falls
- Improves arthritis symptoms



Participants:

- Gain muscle strength
- Increase flexibility
- Increase balance

Registration required by paying \$50 fee (*make checks to Extension Program Fund*).
For more information, call CSU Extension at 719-583-6566.

Coordinator: Lois Illick, Extension Agent

Instructor: Karen Summers, SWSB Certified Trainer



Developed by Miriam Nelson, PhD, Associate Professor, Friedman School of Nutrition Science & Policy, Tufts University, this program is based on years of research on how strength training and proper nutrition can improve the health of women of all ages.

If you need any special accommodation(s) to participate in this event, please contact Colorado State University Extension at 719-583-6566. Your request must be submitted at least five (5) business days in advance of the event. Colorado State University, U.S. Department of Agriculture and Pueblo County cooperating. Extension programs are available to all without discrimination.