

You can increase your:

STRENGTH, MUSCLE MASS, BONE DENSITY AND BALANCE

by participating in

Strong Women

Low Impact Strength Training for Women



Thompson Falls Community Center

410 Golf Street | Thompson Falls, MT 59873

One Hour Sessions - Meets Mondays and Wednesdays
at 9:00 AM and 11:00 AM

9:00 AM class starting October 19, 2020.

11:00 AM class starting October 19, 2020.

This program is appropriate for women of all ages!

Register Today

Contact Juli Thurston, MSU-Extension Agent

(406) 827-6934 or juli.thurston@montana.edu

Registration is \$10 | Space is limited

