



Strong Women. Strong Bones. 5-Week Program

This program is a national evidence-based community exercise and nutrition program targeted to midlife and older women. The program assists women in maintaining muscle mass, strength and function. It is easy and fun.

We have mats and weights, but if you'd like to bring your own that is fine. Wear comfortable clothes to move in, supportive shoes, and bring a water bottle.

Mondays & Wednesdays
January 8—February 14, 2018
(No class on January 15 & February 19)
5:30—6:30 PM
Clatsop Community College (Patriot Hall)
1651 Lexington Ave.—Astoria

Fee: \$25.00

Must have a minimum of 8 participants to hold this class.

Class size is limited to 15.

You can register online at www.columbiamemorial.org, or by calling the CMH Community Outreach Department @ 503-338-7564, or by e-mail to cham@columbiamemorial.org. Please check our website for other Strong Women - Strong Bones class dates at www.columbiamemorial.org.