



**Los Alamos Cooperative Extension Service
and Betty Ehart Senior Center
present**



STRONG SENIORS, STRONG BONES

A Research Based Strength Training Program for Women and Men 50 Years of Age and Older

November 16th, 18th, and 23rd
December 2nd, 9th, 14th, & 21st

10:00-11:00 a.m.

Betty Ehart Senior Center
Taught by Certified Instructor Desaree Jimenez
Los Alamos Cooperative Extension Service

LIFTING WOMEN TO BETTER HEALTH



STRONGWOMEN



men growing stronger

BENEFITS OF STRENGTH TRAINING FOR OLDER WOMEN AND MEN INCLUDE:

- Improved bone density
- Increased muscle mass and strength
- Reduced risk for osteoporosis and related fractures
- Improved self-confidence, sleep and vitality
- Reduced risk for diabetes, heart disease, arthritis, depression & obesity

For more information on the program contact Desaree Jimenez at the Los Alamos Cooperative Extension Service at 662-2656

If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact Desaree Jimenez in advance at (505) 662-2656 or deswhitf@nmsu.edu.



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