

Strong Women, Stay Young

LIFTING WOMEN TO BETTER HEALTH



STRONG WOMEN

CANYON COUNTY
EXTENSION OFFICE

501 Main Street
Caldwell, ID 83605

Strong Women, Stay Young is a national fitness and nutrition program for women. The *Strong Women* program will help you increase your strength, bone density, balance and energy and you

To register or for further information about the **Strong Women** program, please contact:

Joey Peutz, Canyon County Extension Office
Office - 208-459-6003
or joeyp@uidaho.edu

Strong Women Class Schedule - Canyon County

***Don't wait until January to start your New Year resolutions**

[Orientation Class for new participants](#)

[Wednesday, November 18th , 6:00p.m.](#)

[UI Canyon County Extension Office](#)

Class Schedule:

Monday, November 30 - UI Canyon County Extension Office

Wednesday, December 2 - UI Canyon County Extension Office

Monday, December 7 - UI Canyon County Extension Office

Wednesday, December 9 - UI Canyon County Extension Office

Monday, December 14 - UI Canyon County Extension Office

Wednesday, December 16 - UI Canyon County Extension Office

No Class December 21 or 23

Monday, December 28 - UI Canyon County Extension Office

Wednesday, December 30 - UI Canyon County Extension Office

Monday, January 4 - UI Canyon County Extension Office

Wednesday, January 6 - UI Canyon County Extension Office

Monday, January 11- UI Canyon County Extension Office

Wednesday, January 13 - UI Canyon County Extension Office

All classes will be held from 6:00 pm to 7:00 pm

Class Fee - \$25.00 for 12 classes