

Strong Women Program

What is the the Strong Women Program?

- The Strong Women Program will improve the health and well-being of middle-aged and older women
- This moderate intensity exercise program includes strength and balance training
- It is designed to improve muscle strength, balance, and flexibility

Why take part in the Strong Women Program?

- Starting in their mid-forties, women lose $\frac{1}{4}$ to $\frac{1}{3}$ lb of muscle per year and gain that much or more in fat
- Approximately 10 million Americans have osteoporosis, 80% of whom are women
- One in two women will experience an osteoporosis-related fracture
- Strength training and exercise benefits muscle mass, bone density, and balance

When and where the Strong Women Program Meets:

Every Tuesday and Thursday for 12 weeks

– 10:00 a.m.-11:00 a.m.

In the Jessamine County Health Department Conference Room

For more information on the Strong Women program, contact:

Kylie at (859) 885-4149 ext. 1033, or email her at KylieJ.Taylor@ky.gov