**WORKOUTS DESIGNED SPECIFICALLY FOR WOMEN**

Brought to you by

**Tri-County Family Care Center**

512 ½ N. Main

Rocky Ford, CO



**Presented by: Jeannie Thomas**

*When:* Starting March 2

Monday, Wednesday, Friday each week

5:30 to 6:30 pm

*Where:* The former Otero County Extension building,

411 N. 10th St., Rocky Ford, CO

There are no fees for the class.

Come join us and improve you physically and emotionally.

You may even lose weight!

Call: 719-254-7776 for more information

and to sign up.