

Intro to Strength Training (for women 25+)

Women & Healthy
Rural Living

CELEBRATING 20 YEARS

87 Main Street, Milbridge

Date: November 12

Time: 6:00 pm - 7:30 pm

Location: Thankful Room at WHRL

Cost: Free

Registration Required: Visit whrl.org/events



Feeling unsure about where to start? Join Nicole French for a workshop that clears up the confusion and helps you begin your strength training journey—no experience needed!

Learn why strength training is essential for women over 40, and how easy it can be to get started, even at home!

Workshop includes live demos of four simple, crucial moves, helpful terminology, resources, and Q&A. Get inspired to get strong—no matter your starting point.



Nicole is a Registered Nurse and certified yoga instructor (Vinyasa, Yin, Detour Method) with deep knowledge of anatomy and myofascial release. She helps others unlock their physical potential.

Questions? Contact Lizzie at lizzie@whrl.org
or 901-213-6667.