



Wellness Presentations

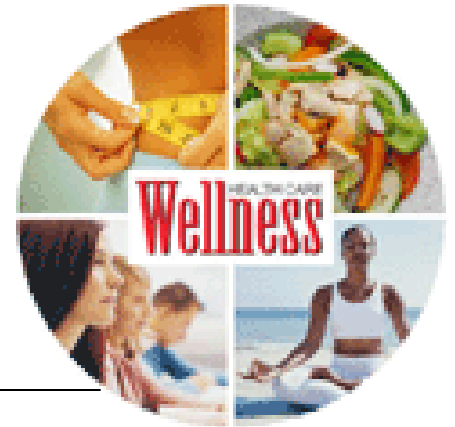
A series of wellness presentations will be available at the Anaconda-Deer Lodge County Court House in the third floor Court Room, located at 800 S. Main Street. The presentations will run at 2:00p.m. with a repeat session at 2:30p.m. The presentations are as follows;

December 2, 2008 Barbara Andrezzi, Extension Agent, MSU-Deer Lodge County
Tuesday Healthy Holidays

December 16, 2008 JoEllen Villa, R.N. Director of Clinical Services, CHA
Tuesday Metabolic Syndrome and Pre-Diabetes

January 6, 2009 Meghan Cromwell, Physical Therapist, CHA
Tuesday Back Safety

January 20, 2009 Adena Carter, Physical Therapist, CHA
Tuesday Relaxation and Meditation



Women Stay Young & Strong Women Strong Bones Information

January 7, 2009 10:00am and 3:30pm—Sign-up & Information Session, 118 E. 7th Street
Wednesday Community Service Center, 1st Floor Conference Room

January 9, 2009 10:00am Sign-up & Information 800 S. Main Street
Friday Courthouse Courtroom

February 3, 2009 First Session for those who have registered and have all forms in. 118 E. 7th Street
Tuesday Community Service Center, 1st Floor Conference Room



Wellness Presentations sponsored by:

- MSU-Deer Lodge County Extension
- Anaconda-Deer Lodge County
- With Special Thanks to Community Hospital of Anaconda

To request a disability accommodation or to inform us of special needs, please contact the County Extension Service at 563-4035. The U.S. Department of Agriculture, Montana State University and the Montana State University Extension Service prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age disability, political beliefs, sexual orientation and marital or family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30 1914, in cooperation with the U.S. Department of Agriculture, Douglas Steele, Vice Provost and Director, Extension Service, Montana State University, Bozeman, MT 59717

