

W.O.W.

WORKOUT OPPORTUNITIES FOR WOMEN



LAHC

LEADERS ADVANCING & HELPING COMMUNITIES

WHEN: TUESDAY, MAY 10TH

TIME: 9:30AM-10:30AM

**NO COST TO
PARTICIPANTS**

**VIRTUAL WEIGHT
TRAINING**



Register here for Zoom link:

<https://weight-training.eventbrite.com>



ALL LEVELS WELCOME!!

Beaumont