



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

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