

**STRONG LIFE 610
NEWSLETTER:**



UPDATED: SEPTEMBER 2021

*"Be strong in the Lord and the power of His might"
Ephesians 6:10*

We are STOKED to inform everyone that following the 2020 Florida State Championships, scheduled for August 22 in Tampa, the federation's newsletter – STRONG LIFE – will resume publication!

For the remainder of 2020, STRONG LIFE will be published in September and November. In 2021, publication will occur in January, March, May, July, September, and November.

Lifters interested in submitting articles for publication can contact us at 321-505-1194 or via email at: stronglife610inc@gmail.com.

