

**STRONG LIFE 610
NEWSLETTER:**



UPDATED: NOVEMBER 2021

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

We are STOKED to inform everyone that the federation's newsletter – STRONG LIFE – will resume publication in January 2021!

STRONG LIFE will begin as a quarterly publication with publishing months of January, April, July, and October.

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

