



Abstract #: 370

Abstract title: 10-WEEKS OF RESISTANCE TRAINING INTERVENTION, THEN WHAT?

FIRST NOTICE

Dear Morgan A. Smith, Danielle D. Wadsworth, Michael D. Roberts:

Congratulations! The abstract identified above that was submitted for the 2022 NASPSPA conference has been accepted. More details on the format of your presentation (verbal or poster) will be made available shortly, along with details on the ways to format and submit your work for the conference and impending deadlines leading up to the conference.

As a reminder: Early bird registration ends March 15th. Make sure you register to take advantage of the early bird rates. www.naspspa.com/2022-annual-conference Book your hotel now, if you haven't already. There are only a few rooms left at the conference rate. www.naspspa.com/2022-annual-conference You may want to go ahead and book your flight to Kona as soon as you can. As you prepare for your travels, please visit the Hawaii Tourism Authority website to ensure you are properly prepared for traveling to Hawaii related to pandemic restrictions. www.hawaiitourismauthority.org

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Sincerely,

Mary Rudisill, Ph.D.
Past-President, NASPSPA