

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES



FREE Virtual Strength-Training Class for adults

Strength training has been shown to:

- Reduce the risk of chronic diseases
- Improve bone density
- Reduce falls
- Reduce arthritis symptoms
- Improve mood

TUESDAYS AND THURSDAYS
SEPTEMBER 13 - NOVEMBER 17, 2022
9:00 AM - 10:15 AM

****Limited amount of equipment (hand and ankle weights) available to be loaned out free of charge, if needed, for the duration of the class.****

Contact your local FoodWise Coordinator for more information

Stephanie Bakker 715-682-7017; stephanie.bakker@wisc.edu (Ashland, Bayfield, Iron)

Julie Montgomery 715-395-1427; julie.montgomery@wisc.edu (Douglas)

Bridget Rongner 715-635-4444; bridget.rongner@wisc.edu (Burnett, Sawyer, Washburn)



To Register:

Click here: StrongBodies Registration

<https://go.wisc.edu/4wy08r>

Or Scan QR Code

