



## Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass and bone density. Classes are held twice weekly and include progressive resistance training, balance training and flexibility exercises.

Join via computer, phone or tablet.

## FREE VIRTUAL STRONGBODIES CLASS

**Dates:** Jan. 7-March 6, 2025 **Time:** Tuesdays and Thursdays, 9:00 a.m.-10:20 a.m.

Register online at: https://go.wisc.edu/gb1m1k



## Questions? Contact

Stephanie Bakker: 715-682-7017 Ashland, Bayfield, Iron Counties

Julie Montgomery: 715-395-1427 Douglas County

Bridget Rongner: 715-635-4444 Barron, Burnett, Rusk, Sawyer, Washburn Counties



TUESDAYS & THURSDAYS JAN. 7-MARCH 6 2025







## VIRTUAL CLASS VIA ZOOM

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