



Extension
UNIVERSITY OF WISCONSIN-MADISON

Strength Training Class StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Benefits of Strength Training:

◆ Reduced risk for chronic diseases:

- ◆ Diabetes
- ◆ High Blood Pressure
- ◆ Heart Disease
- ◆ Osteoporosis
- ◆ Arthritis
- ◆ Some Cancers

◆ Increased:

- ◆ Strength
- ◆ Muscle mass
- ◆ Bone density
- ◆ Ability to do Activities of Daily Living

What: 12-Week Strength Training Class (Designed for women 55 and older but open to and beneficial to everyone!)

When: Tuesdays and Thursdays 10:00-11:00AM, Starting February 11th

Where: Big Room in the Culture Building, CMN Campus

Informational Meeting

Thursday, January 23rd, 10:00AM in CTC 201, CTC Building

Please RSVP by contacting the UW Extension office at 715-799-6226, ext 5714

Class Registration is required before the first day of class. Contact the UW Extension office to register.

Division of Extension— Menominee County/Nation
N172 State Hwy 47-55, Keshena, WI 54135—Phone: 715-799-6226 ext. 5714