Join the StrongBodies Program!

Health Benefits of Regular Strength Training:

- *Increases bone density *Increases social connectedness *Reduces risk for chronic illnesses *Increases overall feelings of health & wellness
- *Increases balance & agility *Increases muscle mass & strength
- *Reduces pain medicine use

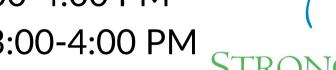
Marquette County StrongBodies Class

** FREE **

June 3 - July 24, 2024

Marguette County Board Room 480 Underwood Ave Montello, WI 53949

Classes two days a week for 8 weeks Mondays 3:00-4:00 PM Wednesdays 3:00-4:00 PM



Pre-registration is required prior to May 31st, 2024.

Open to Men and Women.

Space is limited.

----- Two ways to register!

Call or Laci Monroe 608-297-3137 laci.monroe@wisc.edu

Scan QR Code



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LIFTING PEOPLE TO BETTER HEALTH