

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

LIFTING PEOPLE TO BETTER HEALTH

Marquette 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



STRONGBODIES

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

