



Extension
UNIVERSITY OF WISCONSIN-MADISON



Division of Extension FoodWise Program

Adams, Green Lake, Juneau, Marquette, Waushara Counties

is offering **Strong Bodies online classes**

When: Aug – Sept 2020
Mon, Wed, Fri
8:30 – 9:30 am

This is a *free* strength training program for adults of all ages

The program has many benefits:

- Increased strength
- Increased energy
- Increased flexibility
- Increased balance
- Improved mood
- Better sleep quality

LIFTING PEOPLE TO BETTER HEALTH



To register for the classes click on this [LINK](#) and use code Area14DeSmith

If you have questions call 608-339-4237. To request a new link contact

liarneson@co.adams.wi.us or angela.desmith@wisc.edu

Watch video links, if you are unable to join a class: <https://www.youtube.com/watch?v=JbQZSGUmmjU>
<https://www.pbs.org/video/university-place-strong-women-strong-bones/>