



Strong Bodies online classes

Adams, Green Lake, Juneau, Marquette, Waushara Counties

When: January 6th – March 31, 2021

Mon, Wed, Fri

8:30 – 9:30 am

Note – January 4th training session for new people



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

LIFTING PEOPLE TO BETTER HEALTH

The program has many benefits:

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



Scan QR code to register or click link below. Select Area14/Fall in the registration form:
go.wisc.edu/7t81wt

For additional information contact: laura.mcculley@wisc.edu and/or angela.desmith@wisc.edu or call your local Extension office:

Adams County	608.339.4237
Green Lake County	920.294.4032
Juneau County	608.847.9329
Marquette County	608.297.3141
Waushara County	920.787.0416