

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

When: June 18 - September 5 2024

Tuesdays & Thursdays 8:30 - 9:30 AM

(no classes on June 27th, July 4th, July 11th and August 8th)

Where: First Congregational United Church of Christ
2537 Franklin St., Grand Marsh, WI 53936

Cost: Free

To register or if you have any questions contact **Angela DeSmith, FoodWise Coordinator Adams/Juneau**

UW Madison Division of Extension

Adams County

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**FOOD
WISE**
Healthy choices, healthy lives.

UW-MADISON EXTENSION