

# 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

**What: 8 Week Strength Training Class**

**When: Tuesday & Thursday Starting June 4th- 9:30-10:30 AM**  
**(No class the week of July 15th with LAST class August 1st)**

**Where: Colby Senior Center**  
**510 W Wausau St Colby, WI**

**Suggested Contribution: \$20**

Please contact the UW-Extension office to register.

517 Court Street, Room 104  
Neillsville, WI 54456  
Phone: 715-743-5121

