

Strength Training Class StrongBodies



Benefits of Strength Training:

- Reduced risk for chronic diseases:
 - Diabetes
 - High Blood Pressure
 - Heart Disease
- Increased:
 - Strength
 - Muscle mass
 - Bone density

StrongBodies

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



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- Osteoporosis
- Arthritis
- Some Cancers