



Extension  
UNIVERSITY OF WISCONSIN-MADISON

# 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: Mondays and Thursdays 11-12, Starting May 7th  
(May 21st & June 18th class is at 1:00 PM)**

**Where: Greenwood Legion Hall ( 108 S Main St.)**

**Suggested Contribution: \$20**

Please contact the UW-Extension office to register.

517 Court Street, Room 104

Neillsville, WI 54456

Phone: 715-743-5121