



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: 10 Week Strength Training Class

When: Mondays and Thursdays 11-12, Starting October 7th
(No class week of Thanksgiving)

Where: Zion Lutheran Church, Granton (W 2894 Granton Road)

Suggested Contribution: \$20

Please contact the UW-Extension office to register.

517 Court Street, Room 104

Neillsville, WI 54456

Phone: 715-743-5121