

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

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**LIVE Online Class for Barron, Burnett,
Sawyer, Rusk, and Washburn Counties**

Strength training has been shown to:

- Reduce the risk of chronic diseases
- Improve bone density
- Reduce falls
- Reduce arthritis symptoms
- Improve mood

What: Free Online StrongBodies Strength Training Class

(in the comfort of your home) for Barron, Burnett, Sawyer, Rusk, and Washburn County participants

When: Mondays & Wednesdays; 10:00 -11:30 AM;
November 30, 2020 - February 17, 2021

Where: Online via Zoom link on a smartphone, computer, iPad, or tablet

*****Limited amount of equipment (hand and ankle weights) available to be loaned out free of charge, if needed, for the duration of the class.*****

No Experience Necessary!

For more information or to sign up, contact:
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