

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

FREE *Virtual* StrongBodies Strength-Training Class

for Barron, Burnett, Sawyer, Rusk, and Washburn County participants

Mondays & Wednesdays; 10:00 -11:30 AM;
March 1 - May 19, 2021 (12 weeks)

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.*****

Contact your local FoodWise Coordinator for more information:

Kathy Splett (Barron County and Rusk County residents)
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Bridget Rongner (Burnett, Sawyer, and Washburn County residents)
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