



Extension

UNIVERSITY OF WISCONSIN-MADISON



Healthy choices, healthy lives.

Strong Bodies Online Classes

Adams, Green Lake, Juneau, Marquette, Waushara Counties

Nov 10, 2023- Jan 29, 2024

Mondays & Fridays 8-9 am

Use this link to register: https://uwmadison.co1.qualtrics.com/jfe/form/SV_bBMv2P8DYBH0Tc2

or contact: Angela at angela.desmith@wisc.edu
or your local extension office listed below

Marquette County
608-297-3141

Adams County
608-339-4237

Juneau County
608-847-9329

Waushara County
920-787-0416

Green Lake County
920-294-4032

This is a **free** strength training program for adults of all ages. Reach out if you need accommodations to participate in the program.

The program has many benefits:

- Increased strength
- Increased energy
- Increased flexibility
- Increased balanced
- Improved mood
- Better sleep quality

LIFTING PEOPLE TO BETTER HEALTH



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