



## Join us! Strong Bodies

free exercise class

Wednesday & Friday  
10:30-11:30am  
Starts Dec. 5th

Government Center  
1316 N. 14<sup>th</sup> St., room 270  
Call FoodWise 715-395-1427

Increase your strength, balance, flexibility, bone density and ability to do activities of daily life. Prevent and control chronic disease, manage stress, improve your mood, attitude and sleep quality.

This program is based on the Strong Women program—a national evidence-based community exercise and nutrition program created by Miriam E. Nelson and colleagues @ Tufts University, supported by Cornell University and brought to you by UW-Extension.