

Osteoporosis

Some cancers

Arthritis

Strength Training Class

LIFTING PEOPLE TO BETTER HEALTH



Benefits of Strength Training:

- Reduced risk for chronic diseases:
 - Diabetes
 - High Blood Pressure
 - Heart Disease
- Increased:
 - Strength
 - Muscle mass
 - Bone density
 - Ability to do Activities of Daily Living

WEDNESDAY & FRIDAYS 10:30-11:30 A.M. Government Center, Room 270

For information contact:

FoodWIse- Douglas County 715-395-1427





Equipment provided ~ Bring a water bottle

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

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. FoodWIse is funded by the USDA Supplemental Nutrition Assistance Program - SNAP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply for food assistance or call 715-395-1304.