

Free

Strength Training Class

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

WEDNESDAY & FRIDAYS

10:30-11:30 A.M.

Government Center, Room 270

For information contact:

**FoodWise- Douglas County
715-395-1427**

Benefits of Strength Training:

◆ Reduced risk for chronic diseases:

- ◆ Diabetes
- ◆ High Blood Pressure
- ◆ Heart Disease
- ◆ Osteoporosis
- ◆ Arthritis
- ◆ Some cancers

◆ Increased:

- ◆ Strength
- ◆ Muscle mass
- ◆ Bone density
- ◆ Ability to do Activities of Daily Living

**Starts
Wednesday
December 5th**

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

