

StrongBodies Online Classes

Adams, Green Lake, Juneau, Marquette, Waushara Counties

October 1st – December 31, 2021

Mondays & Fridays at 8:30 – 9:30 am

Note – October 1st will be a training session for new participants to learn the routine.



Scan QR code to register or use this link: go.wisc.edu/7t81wt

or contact: Angela at angela.desmith@wisc.edu
Mary Ann at maryann.schilling@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.

The program has many benefits:

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

LIFTING PEOPLE TO BETTER HEALTH

