



**Strong Bodies with FoodWise**  
**Oct 4 – Dec 30, 2021**  
**Monday and Thursday 11am-12pm**  
**Hatch Public Library**  
**111 West State Street**  
**Mauston**

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This is a **free** strength training program for all *adults* (women and men). Participants must be willing to complete at least 16 classes. Weights and mats are provided, or you can bring your own.

The program has many benefits:

- Increased strength
- Increased energy
- Increased flexibility
- Increased balance
- Improved mood and attitude
- Better sleep quality

**Space is limited**, to save your spot call the Adams Division of Extension Office at 608.339.4237 or email [angela.desmith@wisc.edu](mailto:angela.desmith@wisc.edu)

We will be following the Hatch Public Library and UW Madison Division of Extension safety guidelines pertaining to Covid/Delta viruses.

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