



Strong Bodies with FoodWise

Jan 3 – Mar 31, 2022

Monday and Thursday 1 - 2 pm

Wonewoc Public Library

305 Center Street

Wonewoc

This is a **free** strength training program for all *adults* (women and men). 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

To save your spot, or if you have questions/concerns

-call or email the Adams Division of Extension Office

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