

# Strong Bodies Online Classes

Adams, Green Lake, Juneau, Marquette, Waushara Counties

July 11<sup>th</sup>- Oct 3<sup>rd</sup> , 2022

Mondays & Fridays at 8:30 – 9:30 am

*Note – July 11 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](https://go.wisc.edu/7t81wt)

or contact: Angela at [angela.desmith@wisc.edu](mailto:angela.desmith@wisc.edu)  
Mary Ann at [maryann.schilling@wisc.edu](mailto: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

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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

