



Extension  
UNIVERSITY OF WISCONSIN-MADISON



LIFTING PEOPLE TO BETTER HEALTH



Great way to  
start the new  
year

## **Strong Bodies Exercise Classes**

**Jan 19 - April 10, 2023**

**Monday and Thursday 3:45 - 4:45 pm**

**Lyndon Station School**

**201 Hoehn Drive**

**Lyndon Station**

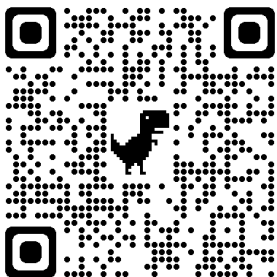
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This is a **free** strength training program for *adults*. Weights and mats are provided, or you can bring your own.

The program has many benefits:

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

To register: click on this link [https://uwmadison.co1.qualtrics.com/jfe/form/SV\\_extrRHyknuusIDk](https://uwmadison.co1.qualtrics.com/jfe/form/SV_extrRHyknuusIDk)  
or scan the QR code



Reach out if you have question/concerns  
or need any accommodations to attend this event

Angela DeSmith - 608.339.4237 or [angela.desmith@wisc.edu](mailto:angela.desmith@wisc.edu)