

STRONG *People*™

STRONG BODIES



Join us for strength training classes! These classes are designed for mid-life and older adults and including progressive resistance training, balance training, and flexibility exercises. Classes are twice weekly for 12 weeks.

Portage
Monday & Wednesday
9:30am - 11:00 am
October 7, 2024 - December 4, 2024

ADRC Rooms 2 & 3
111 E Mullett Street
Portage, WI 53901

Benefits of Strength Training:

- Reduced risk for Chronic Diseases
 - Diabetes
 - High Blood Pressure
 - Heart Disease
 - Arthritis
 - and many more!
- Increased
 - Strength
 - Muscle mass

Registration priority will be given to those who are eligible for SNAP/EBT, Senior Farmers Market Vouchers, Medicaid, and/or the WI Home Energy Assistance Program.

Register online at: <https://forms.gle/PF4VCWSQu7mvVkh9A>

Or scan this QR Code



Questions, please call Jennifer Nelson at 608-355-3250



Extension
UNIVERSITY OF WISCONSIN-MADISON