



STRONGBODIES

LIFTING PEOPLE TO BETTER HEALTH

StrongBodies helps adults of all ages increase strength, bone density, balance, and energy!

JOIN US ON TUESDAYS & THURSDAYS FOR 10 WEEKS

OCTOBER 12 - DECEMBER 16, 2021



ONLINE

10:00 AM

Virtual Sessions via Zoom

"After 2 or 3 weeks, I felt greater strength in my arms. It is easier to reach things in my upper cupboards."

-Strong Bodies Participant

IN-PERSON

10:00 AM

**Grace Lutheran Church
in Dodgeville**

OR

1:30 PM

Barneveld Public Library



**REGISTER
HERE**

Scan QR code with
your camera or use
the link below:



https://uwmadison.co1.qualtrics.com/jfe/form/SV_ddmC4Eh8e4OJSPI



Extension

UNIVERSITY OF WISCONSIN-MADISON
IOWA COUNTY

For additional information, email or call:
ruth.schriefer@wisc.edu
608-930-9850

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