

STAND UP AND MOVE MORE

**A health education workshop
FREE for adults 55+**



**Sit more than 6 hours/
day?
Learn how and why to
Stand Up and Move More!**

- **Stand Up and Move More** is a four-week group health education workshop
- Meetings are 1.5-2 hours long
- The program involves: taking the workshop and attending a refresher meeting at 8 weeks
- Set goals and specific strategies for standing up and moving more
- Join in group discussion and learn from your peers
- Learn about the health benefits of sitting less

**Get off the couch! | Get motivated! | Be more active!
YOU CAN DO IT!**

Tuesday's May 3rd to May 24th

9:30 - 11:30 AM

Hollandale Village Hall

Questions? Interested in participating? Then call:

Ruth Schriefer at 608-930-9850 or email ruth.schriefer@wisc.edu

Discrimination based on age, race, color, creed or religion, national origin, ancestry, gender, sexual orientation, marital or parental status, pregnancy, veteran's status, arrest or non-job or program related conviction record or qualified disability is prohibited.

Stand Up is not a fitness program, but rather a health education program.