




STRONGBODIES

LIFTING PEOPLE TO BETTER HEALTH

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

JOIN US AT 9AM ON TUESDAYS & THURSDAYS FOR 10 WEEKS

JUNE 14 THROUGH AUGUST 18, 2022

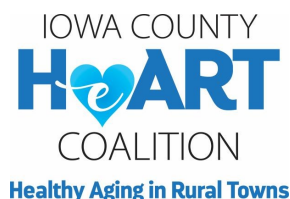


**IN-PERSON at
Centennial Park (Shelter #1)
in Dodgeville
or
ONLINE via Zoom***

*Please note that due to park noise & wind, having clear audio on Zoom may be difficult.

"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



**REGISTER
HERE**

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



Extension
UNIVERSITY OF WISCONSIN-MADISON
IOWA COUNTY

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

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

An AA/EEO employer, University of Wisconsin - Madison provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made one week prior to the start of the series by calling 608-930-9850.