



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

MAY 2 THROUGH JULY 6, 2023



**IN-PERSON at
Grace Lutheran Church,
Dodgeville - May 2-11**

THEN

**Centennial Park (Shelter #1)
in Dodgeville starting May 16**

**Note: ONLINE Zoom option
available upon request**

**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

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



Extension

UNIVERSITY OF WISCONSIN-MADISON
IOWA COUNTY



IOWA COUNTY
Heart
COALITION

Healthy Aging in Rural Towns

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.