

# STRONGBODIES INFORMATION SESSION

Join this information and registration session to learn about this FREE, evidence-based strength training program. The class must have at least 5 people registered. Bring a friend!!

**TUESDAY,  
JANUARY  
14  
1:00-2:00 P.M.**



## AT THIS SESSION WE WILL TALK ABOUT:

- The research behind the StrongBodies Program
- Why strength training is important
- What the experience will be like for you

The StrongBodies series will start on Tuesday, January 21st and run through March 20th. It will be held on Tuesdays and Thursdays from 1:00-2:20 p.m. at Cuba City Apartments. Once a week a short nutrition lesson will be provided.

## CONTACT US:

**Maggie at:**  
**608-930-9850**  
**[maggie.milcarek@wisc.edu](mailto:maggie.milcarek@wisc.edu)**

**INFORMATION SESSION LOCATION:**  
CUBA CITY APARTMENTS  
COMMUNITY ROOM  
500 S. JEFFERSON STREET  
CUBA CITY, WI 53807