



## **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!!



### 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

#### **INFORMATION SESSION LOCATION:**

CUBA CITY APARTMENTS COMMUNITY ROOM 500 S. JEFFERSON STREET CUBA CITY, WI 53807

FoodWlse education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service, or activity. For communicative accommodations in languages other than English, please contact oaic@extension.wisc.edu. For communicative accommodations based on a disability, please contact Heather Lipinski Stelljes at: heather.stelljes@wisc.edu for the public.