

Join StrongBodies!

Strength Training Class

These classes are designed for mid-life and older adults and include progressive resistance training, balance training, and flexibility exercises. Strength training has been shown to reduce the risk for chronic diseases.

Classes are twice weekly for 10 weeks, and are led by Selena Freimark, UW- Madison Division of Extension Health & Well-Being Educator.

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

When: Tues and Thurs, beginning January 9 and ending March 14, 2024

Time: 3-4 PM (class) with optional mindfulness education from 4-4:30 PM

Where: First Presbyterian Church, 1901 Vine St, Hudson

Cost: Suggested donation is \$25 for the series

For more information and to register, go to:

stcroix.extension.wisc.edu/strong-bodies/ or call Selena at 715-531-1947

