



Extension
UNIVERSITY OF WISCONSIN-MADISON

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

UW-Madison Extension is offering virtual StrongBodies/Women classes

WHAT: Free Online StrongBodies Classes

UW-Madison Extension Health and Wellbeing and FoodWise program is offering an evidence-based strength training program. No experience is necessary.

Strength training has been shown to reduce the risk of chronic diseases such as diabetes, heart disease, osteoporosis, and arthritis. Strength training also increases strength, muscle mass, and bone density.

We will also have time to learn and socialize (virtually).

WHEN: October 6th - December 17th, 2020

TIME: Tues/Thurs 9am-10am

HOW TO SIGN UP:

- StrongBodies Statewide Virtual Registration: [CLICK HERE](https://go.wisc.edu/48h621)
(<https://go.wisc.edu/48h621>)
- After registration, you will receive a confirmation and link to the upcoming classes.
- [Home Safety Checklist for StrongBodies participants](#)
- [StrongBodies Exercises](#)



FOR REGISTRATION INFORMATION: Contact Christine Holm christine.holm@wisc.edu

QUESTIONS? Sandy Tarter sandy.tarter@wisc.edu 715-231-6695