



Extension
UNIVERSITY OF WISCONSIN-MADISON

UW-Madison Extension is offering virtual **StrongBodies** Classes

WHAT: Free Online Statewide 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 following the training each day.

WHEN: April 12th - June 10th, 2021

HOW TO SIGN UP:

Monday/Wednesday 9am Registration: <https://go.wisc.edu/9fj4it>

Tuesday/Thursday 9am Registration: <https://go.wisc.edu/uk33x3>

- After registration, you will receive a confirmation and link to the upcoming classes.
- [Home Safety Checklist for StrongBodies participants](#)
- [StrongBodies Exercises](#)

QUESTIONS? Mon/Wed Series contact Karie Johnson at karie.johnson@wisc.edu

Tues/Thurs Series contact Sandy Tarter at sandy.tarter@wisc.edu

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES