



Extension
UNIVERSITY OF WISCONSIN - MADISON
CLARK COUNTY

STRENGTH TRAINING CLASS

STRONG BODIES



10 WEEK CLASS

LOCATION: DORCHESTER MEMORIAL HALL
(175 N 2ND ST)

DATE: TUESDAYS & THURSDAYS
SEPTEMBER 2- NOVEMBER 13
(NO CLASS OCT. 21/23 OR NOV. 6)

TIME: 11:00-12:00 PM

BENEFITS OF STRENGTH TRAINING:

REDUCED RISK FOR CHRONIC DISEASES:

- DIABETES
- HIGH BLOOD PRESSURE
- HEART DISEASE
- OSTEOPOROSIS
- ARTHRITIS
- SOME CANCERS

INCREASED:

- STRENGTH
- MUSCLE MASS
- BONE DENSITY

REGISTER WITH UW-EXTENSION CLARK COUNTY:

CRYSTAL WALTERS, HDR EDUCATOR
517 COURT STREET, ROOM 104
NEILLSVILLE, WI 54456
PHONE: 715-743-5121

SUGGESTED CONTRIBUTION: \$20