



StrongBodies™ is a 10-week program designed to help older adults become and stay strong. Each class includes warm-up, progressive weight training, balance, and flexibility exercises. Minimal equipment needed: set of dumbbells, ankle weight & floor mat or towel.

All new participants must complete forms at an Information Session before participating in classes. Class size is limited. Registration is required one week prior to the start of all classes—no exceptions.

Registration

New participants register online www.adrcevents.org or call 715-839-4735. Repeat participants must complete a Re-enrollment Consent Form to sign up by July 6, 2020.



LIFTING PEOPLE TO BETTER HEALTH



StrongBodies™ - Information Sessions

WHEN: Tuesday, June 2, 2020
10:00 - 11:15 am
5:00 - 6:15 pm

Wednesday, July 8, 2020
8:00 - 9:15 am

WHERE: Virtually via WebEx

Workshops: M&W, July 13 - September 21, 2020
8:30 am, 11:15 am or
T&TH, July 14 - September 17, 2020 at 8:30 am

COST: No fee for new participants.
\$20 for individuals repeating.
Scholarships available.

StrongBodies - Information Sessions		Time:	Location:
Tuesday, June 2, 2020		10:00 - 11:15 a.m.	WebEx
Tuesday, June 2, 2020		5:00 - 6:15 p.m.	
Wednesday, July 8, 2020		8:00 - 9:15 a.m.	
StrongBodies - Classes			
M&W, July 13 - September 21 (no class 9/7)			
8:30 - 9:30 a.m.		WebEx	
11:15 - 12:15 p.m.		WebEx	
T&TH, July 14 - September 17, 2020			
8:30 - 9:30 a.m.		WebEx	
StrongBodies - Information Sessions			
Thursday, September 3, 2020		9:00 - 10:15 a.m.	Grace Lutheran Church- Memorial Assembly 202 W Grand Avenue, Eau Claire
Wednesday, September 9, 2020		9:00 - 10:15 a.m.	
Wednesday, September 9, 2020		5:00 - 6:15 p.m.	
StrongBodies - Classes			
M&W, Oct 5 - Dec 14 (no class 11/25)			
8:30 - 9:30 a.m.		Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire	
10:00 - 11:00 a.m.		Grace Lutheran Church 202 W Grand Avenue, Eau Claire	
11:30 - 12:30 p.m.		Grace Lutheran Church 202 W Grand Avenue, Eau Claire	
5:00 - 6:00 p.m.		Dove Healthcare - West Eau Claire 1405 Truax Blvd, Eau Claire	
5:00 - 6:00 p.m.		Grace Lutheran Communities - Prairie Pointe 206 N Willson Drive, Altoona	
5:00 - 6:00 p.m.		Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire	
T&TH, Oct 6 - Dec 15 (no class 11/26)			
8:30 - 9:30 a.m.		Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire	
StrongBodies - Information Sessions			
Thursday, December 3, 2020		9:00 - 10:15 a.m.	Grace Lutheran Church- Memorial Assembly 202 W Grand Avenue, Eau Claire
Monday, January 4, 2021		10:00 - 10:15 a.m.	
StrongBodies - Classes			
M&W, Jan 11 - Mar 17			
T&TH, Jan 12 - Mar 18			

**Program locations and times may change.*