



**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. Virtual and in person workshops. Class size is limited. Registration is required two week prior to the start of all classes.

**Registration**

New participants register online [www.adrcevents.org](http://www.adrcevents.org) or call 715-839-4735. Repeat participants must complete a Re-enrollment Consent Form to sign up by December 19, 2023. Fee applies to those under age 60.

LIFTING PEOPLE TO BETTER HEALTH



**StrongBodies™ - Information Session**

**WHEN:** Thursday, December 7, 2023  
10:00 - 11:15 am

**WHERE:** Webex or phone conference

**Workshops:** M&W, January 8 - March 13, 2024  
8:30 am, 11:15 am, 4:00 pm, 5:00 pm  
T&TH, January 9 - March 14, 2024 8:30 am, 1:00 pm

**COST:** \$20 suggested contribution for repeaters



<b>StrongBodies - Information Sessions</b>	Time:	Location:
Thursday, March 7, 2024 Tuesday, June 4, 2024 Thursday, September 5, 2024 Thursday, December 5, 2024	10:00 - 11:15 AM 10:00 - 11:15 AM 10:00 - 11:15 AM 10:00 - 11:15 AM	Virtually (via WebEx) Telephone conference
<b>StrongBodies - Classes</b>		
M&W, January 8 - March 18, 2024 (no class Jan 15)	8:30 - 9:30 AM 11:15 - 12:15 PM 4:00 - 5:00 PM 5:00 - 6:00 PM	WebEx WebEx Chapel Heights UMC Dove Healthcare West
T&TH, January 9 - March 14, 2024	8:30 - 9:30 AM 1:00 - 2:00 PM	WebEx Grace Lutheran Church
M&W, April 1 - June 5, 2024 (no class May 27)	8:30 - 9:30 AM 11:15 - 12:15 PM 7:30 - 8:30 AM 5:00 - 6:00 PM	WebEx WebEx Chapel Heights UMC Dove Healthcare West
T&TH, April 2 - June 6, 2024	8:30 - 9:30 AM 1:00 - 2:00 PM	WebEx Grace Lutheran Church
M&W, July 8 - September 16, 2024 (no class Sept 2)	8:30 - 9:30 AM 11:15 - 12:15 PM 7:30 - 8:30 AM 5:00 - 6:00 PM	WebEx WebEx Chapel Heights UMC Dove Healthcare West
T&TH, July 9 - September 12, 2024	8:30 - 9:30 AM	WebEx
M&W, September 30- December 11, 2024 (no class Nov 27)	8:30 - 9:30 AM 11:15 - 12:15 PM 4:00 - 5:00 PM 5:00 - 6:00 PM	WebEx WebEx Chapel Heights UMC Dove Healthcare West
T&TH, October 1 - December 12, 2024 (no class Nov 28)	8:30 - 9:30 AM 1:00 - 2:00 PM	WebEx Grace Lutheran Church

*\*Program locations and times may change.*