



**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 16, 2024. Fee applies to those under age 60.



LIFTING PEOPLE TO BETTER HEALTH



**StrongBodies™ - Information Session**

**WHEN:** Thursday, December 5, 2024  
10:00 - 11:15 am

**WHERE:** Webex or phone conference

**Workshops:** M&W, January 13 - March 19, 2025  
8:30 am, 11:15 am, 4:00 pm, 5:00 pm  
T&TH, January 14 - March 20, 2025 8:30 am, 1:00 pm

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