



**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 6 - March 12, 2025  
8:30 am, 11:15 am, 5:00 pm  
T&TH, January 7 - March 13, 2025 8:30 am, 1:00 pm

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

<b>StrongBodies - Information Sessions</b>	Time:	Location:
Thursday, March 6, 2025	10:00 - 11:15 AM	Virtually (via WebEx) or Telephone conference
Thursday, June 5, 2025	10:00 - 11:15 AM	
Thursday, September 4, 2025	10:00 - 11:15 AM	
Thursday, December 4, 2025	10:00 - 11:15 AM	
<b>StrongBodies - Classes</b>		
M&W, January 6 - March 12, 2025 (no class Jan 20)	8:30 - 9:30 AM 11:15 - 12:15 PM 5:00 - 6:00 PM	WebEx WebEx Dove Healthcare West
T&TH, January 7 - March 13, 2025	8:30 - 9:30 AM 1:00 - 2:00 PM	WebEx Grace Lutheran Church
M&W, March 31 - June 4, 2025 (no class May 26)	8:30 - 9:30 AM 11:15 - 12:15 PM 5:00 - 6:00 PM	WebEx WebEx Dove Healthcare West
T&TH, April 1 - June 5, 2025	8:30 - 9:30 AM 1:00 - 2:00 PM	WebEx Grace Lutheran Church
M&W, July 7 - September 15, 2025 (no class Sept 1)	8:30 - 9:30 AM 11:15 - 12:15 PM 5:00 - 6:00 PM	WebEx WebEx Dove Healthcare West
T&TH, July 8 - September 11, 2025	8:30 - 9:30 AM	WebEx
M&W, September 29 - December 10, 2025 (no class Nov 26)	8:30 - 9:30 AM 11:15 - 12:15 PM 5:00 - 6:00 PM	WebEx WebEx Dove Healthcare West
T&TH, September 30 - December 11, 2025 (no class Nov 27)	8:30 - 9:30 AM 1:00 - 2:00 PM	WebEx Grace Lutheran Church

*\*Program locations and times may change.*