Extension
UNIVERSITY OF WISCONSIN-MADISON

Strength Training Class
StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

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
  - Ability to do Activities of Daily Living

What: 12-Week Strength Training Class (Designed for women 55 and older but open to and beneficial to everyone!)

When: Tuesdays and Thursdays 10:00-11:00AM, Starting June 2, 2026

Where: Big Room in the Culture Building, CMN Campus

Informational Meeting

Tuesday, May 26th, 10:00AM in CTC Building

Please RSVP by contacting the UW Extension office at 715-799-6226, ext 5714

Class Registration is required before the first day of class. Contact Dawn Doperalski at the UW Extension office to register.

Division of Extension– Menominee County/Nation
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