

STRONG BODIES

STRENGTH TRAINING CLASS FOR MEN AND WOMEN 55+

Increase muscle strength & mass

Decrease falls risk

Improve arthritis symptoms

Increase flexibility

Lower blood glucose levels

Increase bone density



Location:

Omro Area Community Center
1005 East Main Street
Omro, WI 54963

Date/Time:

Mondays & Thursdays
9:30 AM to 10:30 AM
January 5th to
March 26th

**To register, please call Winnebago County
Public Health at 920-232-3000 or email
health@winnebagocountywi.gov**

Suggested Donation of \$15

