

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:

Valley VNA Senior Care
1535 Lyon Drive
Neenah, WI 54956

Date/Time:

Mondays & Wednesdays
11:00 AM to Noon

January 19th - April 8th

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

Suggested Donation of \$15

