

STAND UP AND MOVE MORE➔

**A health education workshop by phone
FREE for adults 55+**

.....



**Sit more than 6 hours/
day?
Learn how and why to
Stand Up and Move More!**

.....

- **Stand Up and Move More** is a four-week group health education workshop done over the phone
- Meetings are 1.5-2 hours long
- The program involves: taking the workshop and attending a refresher meeting at 8 weeks
- Set goals and specific strategies for standing up and moving more
- Join in group discussion and learn from your peers
- Learn about the health benefits of sitting less

**Get off the couch! | Get motivated! | Be more active!
YOU CAN DO IT!**

**Classes will be held June 8, 15, 22, 29, & July 27 10:00-12:00pm
Participate from your home over the phone**

Questions? Interested in participating? Then call:

Erin Eggert at the Wisconsin Institute for Healthy Aging
at **608-852-4303**



Stand Up is not a fitness program, but rather a health education program.

