

STRONG *People*™

STRONG BODIES



Join us for strength training classes! These classes include progressive resistance training, balance training, and flexibility exercises to improve strength, bone density, mobility, and glucose control.

Classes are twice weekly for 12 weeks, led by trained leaders in partnership with UW-Extension and the Forest County Aging Office.

What:

Forest County Strong Bodies Class

Dates:

- Armstrong Creek: April 2, 2024 – July 25, 2024
Armstrong Creek Community Center
- Crandon: April 9, 2024 – June 27, 2024
Crandon Library, Lower Level

Time:

Tuesdays and Thursdays
9:00 – 10:00 AM

To Register:

- Armstrong Creek call Barb @ (906) 399-7506
- Crandon call Wendy @ (715) 478-1951

*Suggested donation to the Forest County Aging Office - \$30.00