

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Pre-Registration required contact  
Donna 608-333-4803

To Register/ask about StrongBodies

Contact - Donna Peterson

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FoodWise Program Coordinator/Educator  
Iowa County Extension  
303 West Chapel Street  
Dodgeville



### Dodgeville –

- **Tuesday and Thursday beginning August 25, 2020**
- **10 a.m.**
- **Shelter #1 Centennial Park, Dodgeville**
- **Limited to 9 participants**
- **8 weeks ending October 15, 2020**

### Barneveld –

- **Tuesday and Thursday beginning August 25, 2020**
- **1:30 p.m.**
- **Shelter @ Memorial Park (on the bike trail), Barneveld**
- **Limited to 9 participants**
- **8 weeks ending October 15, 2020**

### Program Details

- 1 to 1 ½ hour, twice a week
- Each class includes progressive weight training, flexibility, and balance activities
- Social distancing, masking, and hand sanitizing will be practiced
- Individual equipment will be assigned to each participant if you do not have equipment
- Restroom are to be open – if you are not feeling well, **STAY HOME**

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act

The StrongWomen (SW) Program is a national evidence-based community strength training and nutrition program targeted to midlife and older adults. UW-Extension brought the SW program to Wisconsin in 2006, and renamed the program StrongBodies (SB) to be more inclusive.