

Strength Training Class Strong Bodies

LIFTING WOMEN TO BETTER HEALTH



**Starting Tuesday, October 1st
3:45-4:45pm**

**Elcho School Theater
HWY 45, Elcho, WI**

RSVP to Lacey Stensberg
Community Program Coordinator
lstensberg@elchoschool.org
(715) 275-3225 x1120
Cost is \$30.00 for 8-week program (16 sessions)

Benefits of Strength Training:

- ♦ **Reduced risk for chronic diseases:**
 - ♦ Diabetes
 - ♦ High Blood Pressure
 - ♦ Heart Disease
 - ♦ Osteoporosis
 - ♦ Arthritis
 - ♦ Some Cancers
- ♦ **Increased:**
 - ♦ Strength
 - ♦ Muscle mass
 - ♦ Bone density
 - ♦ Ability to do Activities of Daily Living

This evidence-based strength training program is for middle-age and older adults. No experience is necessary.

**8-Week Class
Starting the week
of October 1, 2019**

Brought to you by the Elcho School District
Equipment provided through a grant from the Aspirus Langlade Community Health Foundation.

