

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES



Join the StrongBodies Program!

THE STRONGBODIES PROGRAM WILL HELP YOU
INCREASE YOUR STRENGTH, BONE DENSITY,
BALANCE, AND ENERGY!

Current Classes in Shawano County

Space is limited and you may be added to a waiting list

Matsche Community Center Birnamwood- Mondays & Thursdays

3:00pm-4:00PM or 4:30PM-5:30PM

February 7th -May 25th 2022

St Anthony's Church, Tigerton Mondays and Thursdays 4PM-5PM

April 4th- May 25th 2022

Holy Family Church, Wittenberg Mondays and Thursdays 4PM-5PM

April 4th- May 25th 2022

Pre-registration is required. Cost is \$25(suggested donation)

----- Two ways to register! -----

- Call or Email Penny
715-343-6254
penny.schmitt@wisc.edu
- Online [here](#) or with QR code



Extension

UNIVERSITY OF WISCONSIN-MADISON
SHAWANO COUNTY

AN AA/EEO EMPLOYER, UNIVERSITY OF WISCONSIN-MADISON PROVIDES EQUAL OPPORTUNITIES IN EMPLOYMENT AND PROGRAMMING, INCLUDING TITLE VI, TITLE IX AND ADA REQUIREMENTS. REQUESTS FOR REASONABLE ACCOMMODATIONS FOR DISABILITIES OR LIMITATIONS SHOULD BE MADE PRIOR TO THE DATE OF THE PROGRAM OR ACTIVITY FOR WHICH IT IS NEEDED BY CALLING 715-343-6254. FOODWISE IS FUNDED BY THE USDA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP AND THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM - EFNEP.