



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

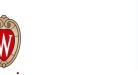
Holy Family Church, Wittenberg Mondays and Thursdays 4PM-5PM
April 4th- May 25th 2022

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