

Join the StrongBodies Program!

Health Benefits of Regular Strength Training:

- Increases bone density
- Increases social connectedness
- Reduces risk for chronic illnesses
- Increases overall feelings of health & wellness
- Increases balance & agility
- Increases muscle mass & strength
- Reduces pain medicine use



Shawano County StrongBodies Classes

January- March 2023

All classes start the first week in January (unless otherwise noted)

- **Birnamwood:**
 - Matsche Community Center, Mondays & Thursdays 3:00PM-4:00PM
- **Bonduel:**
 - St Paul Lutheran, Mondays & Fridays 7:30AM-8:30AM
- **Shawano:**
 - Hillcrest Lower Resource Room, Monday and Wednesdays 4:15PM- 5:15PM.
 - Sacred Heart Church, Monday & Wednesdays 3:30PM-4:30PM
 - Zion Lutheran, Monday & Wednesdays 8:30AM-9:30AM. (This class is also available online)
 - Zion Lutheran, Tuesday & Thursdays 7:30AM-8:30AM,
- **Tigerton:**
 - St Anthony's Catholic Church,
 - Mondays only 4:30PM-5:30PM January 16th to Feb 6th.
 - Mondays and Thursdays 4:30PM-5:30PM starting Feb 6th.
- **Wittenberg:**
 - Holy Family Church, Mondays & Thursdays 4:00PM-5:00PM



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

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

Call or Email Penny

715-343-6254

penny.schmitt@wisc.edu

[Click here to register](#)
or scan the QR code below



Extension
UNIVERSITY OF WISCONSIN-MADISON
SHAWANO COUNTY

