

# 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

**STRONG**People™  
STRONG BODIES



Extension  
UNIVERSITY OF WISCONSIN-MADISON  
SHAWANO COUNTY

## Shawano County StrongBodies Classes

- **Birnamwood**

- Matsche Community Center, Monday & Thursday 3:00PM- 4:00PM

- **Bowler**

- Elderly Center on Maplewood St, Monday and Wednesdays 9:00AM-10:00AM
  - Register for this class by calling (715) 793-4236.

- **Shawano:**

- Hillcrest School Monday & Wednesday 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 and Thursdays 4:30PM-5:30PM

- **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 QR code

