



Extension

UNIVERSITY OF WISCONSIN-MADISON

# KEWAUNEE COUNTY EXTENSION CONNECTION

Connecting people with the University of Wisconsin

Winter  
2024

# STRONG *People*™

## STRONG BODIES



### Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Questions? Contact Jen Whitty at [jennifer.whitty@wisc.edu](mailto:jennifer.whitty@wisc.edu)

### Virtual StrongBodies - Winter 2024 Session

**Dates:** January 9 through March 28

**Time:** Tuesdays and Thursdays, 9:00 – 10:15 am

**How to Sign Up:** Register online at <https://go.wisc.edu/9mw2v8>

\*A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after January 2nd\*



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