

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES



WEIGHT TRAINING & HEALTHY EATING CLASS

TUESDAYS & THURSDAYS

JANUARY 31 - APRIL 20

9:00AM - 10:15AM

NEKOOSA AREA COMMUNITY CENTER

REGISTER ONLINE AT:

<https://bit.ly/StrongBodiesWood>

OR CALL/EMAIL:

715-421-8530

HANNAH.WENDELS@WISC.EDU

From eating the right food to the perfect exercise routine, find the best path to a healthier and happier you.



Extension
UNIVERSITY OF WISCONSIN-MADISON

AN EEO/AA EMPLOYER, UNIVERSITY OF WISCONSIN-MADISON DIVISION OF EXTENSION PROVIDES EQUAL OPPORTUNITIES IN EMPLOYMENT AND PROGRAMMING, INCLUDING TITLE VI, TITLE IX, THE AMERICANS WITH DISABILITIES ACT (ADA) AND SECTION 504 OF THE REHABILITATION ACT 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 EDUCATION IS FUNDED BY THE USDA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM- SNAP AND EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM - EFNEP.