

StrongBodies

Upcoming Workshop

Visit us online or
give us a call today!
adrcofbrowncounty.org
(920) 448-4300

Join us for this community exercise and nutrition program for adults aged 60 and older. This strength training curriculum helps maintain muscle mass, strength, and function as you age.

The benefits of this program include:

- Increases balance and agility
- Increases bone density
- Reduces risk of diabetes, heart disease, arthritis, depression, and obesity
- Increases social connectedness
- Improves self-confidence, sleep, and vitality
- And more!

As part of the nutrition session, participants will learn:

- How to create healthy meals and snacks
- The five food groups and what MyPlate is
- How to identify nutrients and foods that may be of particular concern for older adults
- And more!

Visit us at www.adrcofbrowncountywi.org/events for other upcoming workshops.



UW-MADISON EXTENSION



LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Registration is required. Space is limited.

Deadline to register is one week prior to start date, or upon filling.

Call ADRC (920) 448-4300 to register or for more details.

Reasonable accommodations for disabilities are available, please request 5 days in advance.

An AA/EEO employer, University of Wisconsin-Madison provides equal opportunities in employment and programming, including Title VI, Title IX and ADA 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 is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and the Expanded Food and Nutrition Education Program – EFNEP.



ADRC, 300 S. Adams Street,
Green Bay, WI (920) 448-4300



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