

STRONG BODIES

STRENGTH TRAINING CLASS FOR MEN AND WOMEN 55+

Increase muscle strength & mass

Decrease falls risk

Improve arthritis symptoms

Increase flexibility

Lower blood glucose levels

Increase bone density



**For more information, please call
Winnebago County Public Health at 920-
232-3000 or email
health@winnebagocountywi.gov**

**Classes at various locations throughout
Winnebago County**

Suggested Donation of \$15

