



Extension

UNIVERSITY OF WISCONSIN-MADISON

UW-Madison Extension is offering virtual StrongBodies/Women classes
for participants in WI (English & Spanish)

WHAT: Online StrongBodies Classes

WHEN: Tues/Thurs 9am starting July 7th, 2020

HOW TO SIGN UP:

- English StrongBodies Statewide Virtual Registration: [CLICK HERE](#)
- Spanish StrongBodies Statewide Virtual Registration: [CLICK HERE](#)
- Confirmation of online access to classes will be sent with a follow-up email

FOR YOUR INFORMATION:

- [Home Safety Checklist for StrongBodies participants](#)
- [StrongBodies Exercises](#)

Watch StrongBodies at home if you are unable to join a class:

<https://www.pbs.org/video/university-place-strong-women-strong-bones/>

<https://www.youtube.com/watch?v=JbQZSGUmmjU>

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES