

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES



JOIN OUR STRONGBODIES PROGRAM TODAY!

FOODWISE AND THE AGING & DISABILITY RECOURSE CENTER HAVE TEAMED UP TO OFFER THE STRONGBODIES PROGRAM. IT WILL HELP YOU INCREASE YOUR STRENGTH, BONE DENSITY, BALANCE, AND ENERGY!

THIS FREE PROGRAM ALSO INCLUDES NUTRITION INFORMATION AND DISCUSSION.

**MONDAY & WEDNESDAYS
OCTOBER 11 -DECEMBER 15, 2021
11AM - 12:15 AM**

AGING & DISABILITY RECOURSE CENTER/LINCOLN CENTER
(VIRTUAL OPTION ALSO AVAILABLE)
1519 WATER STREET
STEVENS POINT, WI 54481

**PRE-REGISTRATION IS REQUIRED
MASKS WILL BE REQUIRED**

----- Three ways to register! -----

1. Call or Email Penny
715-343-6254
penny.schmitt@wisc.edu

2. Register Online
here

3. Contact
Aging & Disability Recourse Center
715-346-1401



UW-MADISON EXTENSION

**FOOD
WISE**
Healthy choices, healthy lives.

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

ADRC
Aging & Disability Resource Cen
of Portage County

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.