

**Tuesday/Thursday 12 pm classes will meet at the Walworth County Government Center (WCGC) 100 West Walworth Street, Elkhorn.**

**Tuesday/Thursday 4:45 pm class will meet at the Lakeland Health Care Center (LHCC), 1922 County Road NN, Elkhorn.**

**Required Informational Meeting (WCGC)**

**Thurs., December 8, 2011, 4:45 pm**

**Personal Assessment Day (WCGC)  
Wednesday, January 4, 2012  
9:00 am-12:00 pm or 4:30-6 pm  
(by appointment time)**

**Classes Held:**

**January 10-March 22, 2012  
(Choose One)**

**Tuesday & Thursday 12-1 pm  
Tuesday & Thursday 4:45-5:45 pm**

**Class Fee: \$25 per person  
\$20 for repeat participants  
(Scholarships available)**

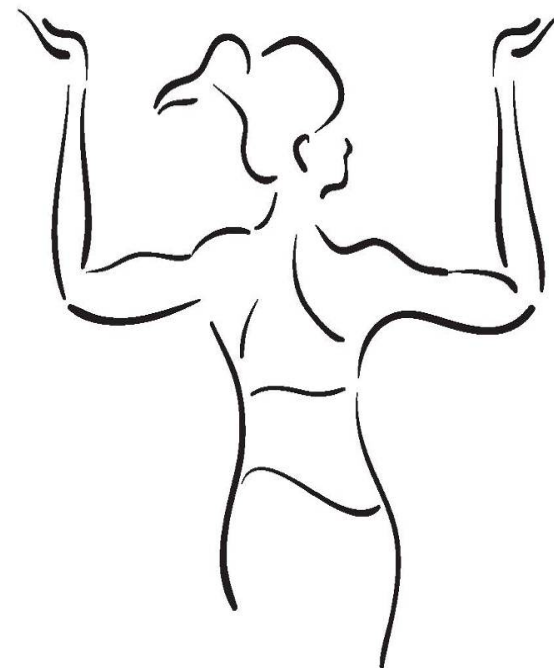
**Certified Instructor:  
Colleen Lesniak**

**To learn more or to register,  
please call (262) 741-4962.**

*An EEO Affirmative Action employer, the University of Wisconsin - Extension provides equal opportunities in employment and programming including Title IX and ADA requirements.*

**STRONG WOMEN  
STRONG BONES™**

**LIFTING WOMEN TO BETTER HEALTH**



**STRONG WOMEN**

**AN EVIDENCE-BASED  
STRENGTH TRAINING  
PROGRAM DEVELOPED BY  
THE HANCOCK CENTER  
AT THE FRIEDMAN  
SCHOOL OF NUTRITION  
SCIENCE AND POLICY AT  
TUFTS UNIVERSITY**

## WHAT IS THE STRONG WOMEN, STRONG BONES™ PROGRAM?

*The Strong Women, Strong Bones™*

*Program is a weekly exercise program for men and women of all ages.*

*Each class includes progressive weight training, flexibility, and balance activities.*



**To learn more or to register, please call (262) 741-4962.**

The Strong Women Program was developed by Miriam Nelson, Ph.D., an associate professor at the Friedman School of Nutrition Science and Policy at Tufts University. Studies at Tufts University have shown that one of the best ways to keep muscles healthy and strong is through exercise called strength training-sometimes known as weight lifting or resistance training.

## RESEARCH SHOWS THAT A PROGRAM OF STRENGTH TRAINING

- Improves bone density
- Reduces falls
- Improves arthritis symptoms
- Increases flexibility
- Increases strength

## BENEFITS MENTAL HEALTH

- Improves mood & attitude
- Decreases depression
- Allows you to sleep more soundly
- Increases energy level
- Socially, allows you to enjoy others company & build a new circle of friends

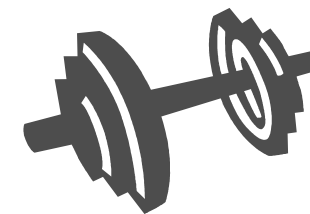
**UW**  
**Extension**

Jenny Wehmeier , Strong Women Coordinator/Family Living Educator  
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*These exercises are safe and effective for women and men of all ages, including those who are not in perfect health.*

*People with health concerns such as arthritis, heart disease, osteoporosis, diabetes, obesity, and back pain often benefit the most from an exercise program that includes lifting weights a few times each week.*

*The Strong Women Class meets twice weekly for one hour over a 12 week period.*



### THE ONLY EQUIPMENT NEEDED:

- Dumbbells
- Ankle weight
- Exercise mat

**NO MATTER HOW OLD YOU ARE, YOU DO NOT HAVE TO GET WEAKER WITH AGE. STRENGTH TRAINING CAN HELP YOU STAY VITAL, STRONG AND INDEPENDENT THROUGHOUT YOUR LIFE.**