The Strong Women Program is a weekly exercise program for men and women of all ages. Classes will include progressive weight training, cardiovascular exercise, flexibility, balance activities, and nutrition education.

**Jenny Wehmeier**
Strong Women Coordinator/
Family Living Educator
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**Benefits Physical Health**
- 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

An EEO/AA employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program.
Accommodations can be made by calling 262-741-4962.
Who Should Attend?

Exercises are safe and effective for women and men of all ages, including those who are not in perfect health. Anyone who has been mostly or completely inactive for the past few years and is interested in improving their health, vitality, and well-being is encouraged to attend.

Join Us!

Classes will meet at the Walworth County Government Center, 100 W. Walworth Street, Room 220, in Elkhorn.

Classes Held:
Wednesdays & Fridays
9:00-10:00 a.m.

Dates:
January 16-March 27
April 15-June 26
July 15-October 2
October 7-December 11

Instructor:
Jenny Wehmeier

Class Fee:
The cost for classes is only $25 for newcomers or $20 for returners.

In order to receive the highest benefits of the classes, participants should make every effort to attend all classes.

To Register or Learn More:
Please call (262) 741-4962.

Improve Health While Having Fun!

The Strong Women Program is a fun, hands-on way to make positive changes to help you move more, eat better, meet new people, and improve your general health and well-being.

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 a week.

Make a commitment to grow stronger, trimmer, and feel better about yourself, too!

No matter how old you are, you do not have to get weaker with age. Exercise can help you stay vital, strong, and independent throughout your life.