

UW-Madison Extension is offering a virtual Hmonglish speaking StrongBodies program for participants in WI

WHAT: Online StrongBodies Classes

WHEN: Mondays and Thursdays 6 pm starting on October 21, 2021

HOW TO SIGN UP:

- Contact your local FoodWise Educator:
 - Krystina Yang 920-683-4171 or
 - GaoNou 715-261-1249
- Confirmation of online access to classes will be sent with a follow-up email or phone call

FOR YOUR INFORMATION:

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

Watch StrongBodies at home if you are unable to join a



Extension

UNIVERSITY OF WISCONSIN-MADISON class:

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

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

