

Become a leader for

# STRONG *People*™

STRONG BODIES



StrongBodies is an evidence-based strength training program for middle-aged and older adults. Since the program began in Wisconsin, over 900 leaders have been trained and more than 17,000 individuals have participated in the program across the state.

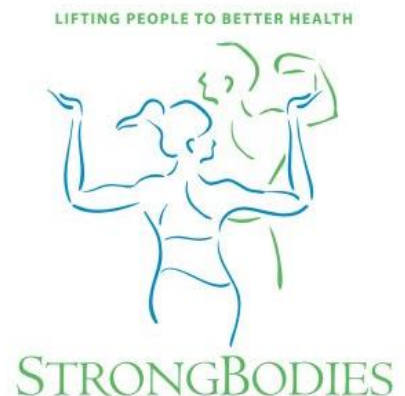
For more information on the benefits of bringing the StrongBodies program to your community, see research [here](#)

To become a StrongBodies leader, an individual must complete the StrongBodies Leader Training. The next leader training is December 13 at the Kewaunee Co Extension Office, 625 3<sup>rd</sup> St., Luxemburg, WI.

Register [here](#)

For more information, contact

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## 2023 WI Strong Bodies Class

Registration fee: \$350 in person (Extension/ADRC). \$500 (non-Extension/ADRC) No cost for Spanish Pilot Project

Fee includes: Eight hours of continuing education, training manual/materials, website access, t-shirt, lunch, morning and afternoon snacks.