



LIFTING PEOPLE TO BETTER HEALTH



Strong Bodies is a 10-week program designed to help older adults become and stay strong. Each class includes warm-up, progressive weight training, balance, and flexibility exercises. Minimal equipment needed: set of dumbbells, ankle weight & floor mat or towel.

All new participants must complete forms at an Information Session before participating in classes. Class size is limited. Registration is required one week prior to the start of all classes—no exceptions.

Registration

New participants register online www.adrcevents.org or call 715-839-4735. Repeat participants must complete a Re-enrollment Consent Form to sign up by March 18, 2019.



Strong Bodies - Information Sessions

- WHEN:** Thursday, March 7, 2019
9:00 -10:15 am
- Monday, March 18, 2019
10:00 -11:15 am, 5:00-6:15 pm
- WHERE:** Grace Lutheran Church
202 W Grand Avenue, Eau Claire
- Workshops:** M&W, April 1 - June 10, 2019
10 am, 11:30 am, 5 pm or
T&TH, April 2 - June 6, 2019 at 8:30 am
- Complete workshop schedule listed on back.
- COST:** No fee for new participants.
\$20 for individuals repeating.
Scholarships available.

Strong Bodies - Information Sessions		
Dates:	Time:	Location:
Thursday, March 7, 2019 Monday, March 18, 2019 Monday, March 18, 2019	9:00 - 10:15 a.m. 10:00 - 11:15 a.m. 5:00 - 6:15 p.m.	Grace Lutheran Church- Memorial Assembly 202 W Grand Avenue, Eau Claire
Strong Bodies - Classes		
M&W, April 1 - June 10, 2019 (no class Apr 29, May 1 & May 27)	10:00 - 11:00 a.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire
M&W, April 1 - June 10, 2019 (no class Apr 29, May 1 & May 27)	11:30 - 12:30 p.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire
M&W, April 1 - June 10, 2019 (no class May 27)	5:00 - 6:00 p.m.	Dove Healthcare - West Eau Claire 1405 Truax Blvd, Eau Claire
M&W, April 1 - June 10, 2019 (no class May 27)	5:00 - 6:00 p.m.	Grace Lutheran Communities– Prairie Pointe 206 N Willson Drive, Altoona
M&W, April 1 - June 10, 2019 (no class May 27)	5:00 - 6:00 p.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire
T&TH, April 2 - June 6, 2019	8:30 - 9:30 a.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire
Strong Bodies - Information Sessions		
Dates:	Time:	Location:
Monday, June 3, 2019 Monday, July 8, 2019 Monday, July 8, 2019	9:00 - 10:15 a.m. 10:00 - 11:15 a.m. 5:00 - 6:15 p.m.	Grace Lutheran Church- Memorial Assembly 202 W Grand Avenue, Eau Claire
Strong Bodies - Classes		
M&W, July 17 - September 23, 2019 (no class Sept 2)	10:00 - 11:00 a.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire
M&W, July 17 - September 23, 2019 (no class Sept 2)	11:30 - 12:30 p.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire
M&W, July 15 - September 23, 2019 (no class Sept 2)	5:00 - 6:00 p.m.	Dove Healthcare - West Eau Claire 1405 Truax Blvd, Eau Claire
M&W, July 15 - September 23, 2019 (no class Sept 2)	5:00 - 6:00 p.m.	Grace Lutheran Communities– Prairie Pointe 206 N Willson Drive, Altoona
M&W, July 15 - September 23, 2019 (no class Sept 2)	5:00 - 6:00 p.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire
T&TH, July 24 - September 19, 2019	8:30 - 9:30 a.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire
Strong Bodies - Information Sessions		
Dates:	Time:	Location:
Thursday, September 5, 2019 Monday, September 30, 2019	9:00 - 10:15 a.m. 10:00 - 11:15 a.m.	Grace Lutheran Church- Memorial Assembly 202 W Grand Avenue, Eau Claire
Strong Bodies - Classes		
M&W, October 7 - December 18, 2019 (no class Oct 21, Oct 23 & Nov 27)	10:00 - 11:00 a.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire
M&W, October 7 - December 18, 2019 (no class Oct 21, Oct 23 & Nov 27)	11:30 - 12:30 p.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire
M&W, October 7 - December 16, 2019 (no class Nov 27)	5:00 - 6:00 p.m.	Dove Healthcare - West Eau Claire 1405 Truax Blvd, Eau Claire
M&W, October 7 - December 16, 2019 (no class Nov 27)	5:00 - 6:00 p.m.	Grace Lutheran Communities– Prairie Pointe 206 N Willson Drive, Altoona
M&W, October 7 - December 16, 2019 (no class Nov 27)	5:00 - 6:00 p.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire
T&TH, October 8 - December 17, 2019 (no class Nov 28)	8:30 - 9:30 a.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire

**Program locations and times may change.*