



LIFTING PEOPLE TO BETTER HEALTH



**Strong Bones** 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](http://www.adrcevents.org) or call 715-839-4735. Repeat participants must complete a Re-enrollment Consent Form to sign up by Dec. 30, 2019.



### **Strong Bones - Information Sessions**

**WHEN:** Thursday, December 5, 2019  
9:00 -10:15 am

Monday, January 6, 2020  
10:00 -11:15 am

**WHERE:** Grace Lutheran Church  
202 W Grand Avenue, Eau Claire

**Workshops:** M&W, January 13 - March 18, 2020  
8:30 am, 10 am, 11:30 am, 5 pm or  
T&TH, January 14 - March 19, 2020 at 8:30 am

Complete workshop schedule listed on back.

**COST:** No fee for new participants.  
\$20 for individuals repeating.  
Scholarships available.

<b>Strong Bones - Information Sessions</b>	Time:	Location:
Thursday, December 5, 2019	9:00 - 10:15 a.m.	Grace Lutheran Church- Memorial Assembly
Monday, January 6, 2020	10:00 - 11:15 a.m.	202 W Grand Avenue, Eau Claire
<b>Strong Bones - Classes</b>		
M&W, January 13 - March 18, 2020	8:30 - 9:30 a.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire
M&W, January 13- March 18, 2020	10:00 - 11:00 a.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire
M&W, January 13 - March 18, 2020	11:30 - 12:30 p.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire
M&W, January 13 - March 18, 2020	5:00 - 6:00 p.m.	Dove Healthcare - West Eau Claire 1405 Truax Blvd, Eau Claire
M&W, January 13 - March 18, 2020	5:00 - 6:00 p.m.	Grace Lutheran Communities - Prairie Pointe 206 N Willson Drive, Altoona
M&W, January 13 - March 18, 2020	5:00 - 6:00 p.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire
T&TH, January 14 - March 19, 2020	8:30 - 9:30 a.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire
<b>Strong Bones - Information Sessions</b>		
Thursday, March 5, 2020	10:00 - 11:15 a.m.	Grace Lutheran Church- Memorial Assembly
Monday, March 16, 2020	9:00 - 10:15 a.m.	202 W Grand Avenue, Eau Claire
Monday, March 16, 2020	5:00 - 6:15 p.m.	
<b>Strong Bones - Classes</b>		
M&W, March 30 - June 8, 2020 (no class May 25)		
T&TH, March 31 - June 4, 2020		

*\*Program locations and times may change.*