



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 Mar. 16, 2020.



**Strong Bones - Information Sessions**

- WHEN:** Thursday, March 5, 2020  
9:00 - 10:15 am
- Monday, March 16, 2020  
9:00 - 10:15 am & 5:00 - 6:15 pm
- WHERE:** Grace Lutheran Church  
202 W Grand Avenue, Eau Claire
- Workshops:** M&W, March 30 - June 8, 2020  
8:30 am, 10 am, 11:30 am, 5 pm or  
T&TH, March 31 - June 4, 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, March 5, 2020	9:00 - 10:15 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 (no class May 25)			
8:30 - 9:30 a.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire		
10:00 - 11:00 a.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire		
11:30 - 12:30 p.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire		
5:00 - 6:00 p.m.	Dove Healthcare - West Eau Claire 1405 Truax Blvd, Eau Claire		
5:00 - 6:00 p.m.	Grace Lutheran Communities - Prairie Pointe 206 N Willson Drive, Altoona		
5:00 - 6:00 p.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire		
T&TH, March 31 - June 4, 2020			
8:30 - 9:30 a.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire		
<b>Strong Bones - Information Sessions</b>			
Monday, June 1, 2020	9:00 - 10:15 a.m.	Grace Lutheran Church- Memorial Assembly	
Wednesday, July 8, 2020	8:00 - 9:15 a.m.	202 W Grand Avenue, Eau Claire	
<b>Strong Bones - Classes</b>			
M&W, Jul 13 - Sep 21 (no class 9/7)			
8:30 - 9:30 a.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire		
10:00 - 11:00 a.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire		
11:30 - 12:30 p.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire		
5:00 - 6:00 p.m.	Dove Healthcare - West Eau Claire 1405 Truax Blvd, Eau Claire		
5:00 - 6:00 p.m.	Grace Lutheran Communities - Prairie Pointe 206 N Willson Drive, Altoona		
5:00 - 6:00 p.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire		
T&TH, Jul 14 - Sept 17			
8:30 - 9:30 a.m.	Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire		
<b>Strong Bones - Information Sessions</b>			
Thursday, September 3, 2020	9:00 - 10:15 a.m.		
Wednesday, September 9, 2020	9:00 - 10:15 a.m.	Grace Lutheran Church- Memorial Assembly	
Wednesday, September 9, 2020	5:00 - 6:15 p.m.	202 W Grand Avenue, Eau Claire	
<b>Strong Bones - Classes</b>			
M&W, Oct 5 - Dec 14 (no class 11/25)			
T&TH, Oct 6 - Dec 15 (no class 11/26)			

*\*Program locations and times may change.*