



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 or call 715-839-4735. Repeat participants must complete a Re-enrollment Consent Form to sign up by July 6, 2020.

LIFTING PEOPLE TO BETTER HEALTH



Strong Bones - Information Sessions

WHEN: Thursday, June 1, 2020
9:00 - 10:15 am

Wednesday, July 8, 2020
8:00 - 9:15 am

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

Workshops: M&W, July 13 - September 21, 2020
8:30 am, 10 am, 11:30 am, 5 pm or
T&TH, July 14 - September 17, 2020 at 8:30 am

Complete workshop schedule listed on back.

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



| Strong Bones - Information Sessions | | Time: | Location: |
|---|---|--|--|
| Monday, June 1, 2020 Wednesday, July 8, 2020 | | 9:00 - 10:15 a.m. 8:00 - 9:15 a.m. | Grace Lutheran Church- Memorial Assembly 202 W Grand Avenue, Eau Claire |
| Strong Bones - Classes | | | |
| 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, 2020 | | | |
| 8:30 - 9:30 a.m. | Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire | | |
| Strong Bones - Information Sessions | | | |
| Thursday, September 3, 2020 Wednesday, September 9, 2020 Wednesday, September 9, 2020 | | 9:00 - 10:15 a.m. 9:00 - 10:15 a.m. 5:00 - 6:15 p.m. | Grace Lutheran Church- Memorial Assembly 202 W Grand Avenue, Eau Claire |
| Strong Bones - Classes | | | |
| M&W, Oct 5 - Dec 14 (no class 11/25) | | | |
| 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, Oct 6 - Dec 15 (no class 11/26) | | | |
| 8:30 - 9:30 a.m. | Chapel Heights United Methodist Church 300 E Hamilton Ave, Eau Claire | | |
| Strong Bones - Information Sessions | | | |
| Thursday, December 3, 2020 Monday, January 4, 2021 | | 9:00 - 10:15 a.m. 10:00 - 10:15 a.m. | Grace Lutheran Church- Memorial Assembly 202 W Grand Avenue, Eau Claire |
| Strong Bones - Classes | | | |
| M&W, Jan 11 - Mar 17 | | | |
| T&TH, Jan 12 - Mar 18 | | | |

**Program locations and times may change.*