

# JOIN THE STRONG BONES PROGRAM TODAY! NEW CLASS STARTING JANUARY 16, 2012

BROUGHT TO YOU BY WINNEBAGO COUNTY HEALTH DEPT, THE AGING AND DISABILITY CENTER OF WINNEBAGO COUNTY, AND OSHKOSH UNITED WAY



The Strong Bones (also known as Strong Women) Program is a 12-week strength training program for middle-aged and above women and men. Research shows that strength training will improve bone density, reduce falls, improve arthritis symptoms, increase flexibility as well as improve your mood and attitude!

- Classes will be held **MONDAYS AND THURSDAYS FROM 3:00 pm – 4:00 pm** starting January 16, 2012 at the Algoma Town Hall, 15 N. Oakwood, Oshkosh. The cost will be \$15 for the 12-week class.
- An informational session will be held on **Thursday, January 11, 2012 at 3:00 pm** at the Algoma Town Hall. If you plan to join the program you are ENCOURAGED to attend this informational session.

Please call the Winnebago County Health Department (920) 232-3000/ (920) 727 2894 by Monday January 9 to register for the Informational Session and classes. You may register at the informational session or at the first class as well.

