

HCE CONNECTION

Wood County Home and Community Education

October 2023



Dear fellow HCE Members,
 Happy Autumn to Everyone! I am so ready for the cooler weather of the harvest season. My cranberry friends tell me that they are experiencing a bountiful crop this year. Another farmer friend is currently busy from sunup to sundown digging potatoes. I am anxious to trim back my outdoor flowers and get them covered for winter. It surely is funny how excited we are in the spring to get outside and dig in the dirt and plant all those precious plants, just so we can water them, and water them, and water them (this summer for sure!) and then often end up with an over-abundance of produce to take care of – which of course always tastes so good during the long winter months!

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Flyers Enclosed:
 Rudolph Pines Christmas Invitation Form

Wisconsin Bookworms Donation Request

Fundraising efforts for Wisconsin Bookworms is under way for the current school year. Once again, Wood County HCE members who are able, are asked to support this worthy cause by purchasing a set of books for the 2023—2024 school year. Each set contains eight books at a cost of \$25.00.

- W** is for **Wisconsin Bookworms**
- I** is for **Interest**. I'm interested in all kinds of books.
- G** is for **Good**. Be a good listener when someone reads to you.
- G** is for **Great**. Books can be great friends.
- L** is for **Love**. I love to read.
- Y** is for **You**. I love all of you!

Submitted by: Faith Kettner Wausau, Wisconsin

To make a donation, make check payable to **Wood County HCE** and mail to:

Wood County HCE
c/o Christine Goodness
1194 Kimball Avenue
Nekoosa WI 54457-1556

You can purchase a set of books in honor of someone. We will send them a notice of your donation. Include your name and the name and address of the person you are honoring.

A notice of your donation will be sent to them.



YES! I would love to support the Wisconsin Bookworms project by purchasing a set of books for the 2023—2024 school year. I have enclosed payment of \$25.00.

Name: _____

In Honor Of: _____

Address: _____

Phone Number: _____



Officers & Coordinators

<u>Name</u>	<u>E-Mail</u>	<u>Position</u>	<u>Telephone</u>
Carol Grorich	grorichf@tds.net	Marketing	(715)884-6598
Connie Eisch	ceisch@boku.net	Treasurer	(715)325-3255
Pat Klein	klein145071@gmail.com	Club 51 President	(715)886-3665
		Scholarship	(715)886-3665
Agnes Langeberg	langberg@wctc.net	Rudolph Pines President	(715)424-1517
Jackie Carattini	jackie.carattini@wisc.edu	Family Living Educator	(715)421-8437
Jim & Diane Nickel	denickel@solarus.biz	International	(715)886-4230
Sandra Oleson	roleson@wctc.net	Family & Community Outreach	(715)886-3219
Christine Goodness	acgoodness@yahoo.com	Wisconsin Bookworms	(715)886-5294
Denise Mancl	deedeemancl@gmail.com	Membership	(715)886-5727
		Cultural Arts	(715)886-5727
Peggy Wettstein	dpwettstein@wctc.net	Scholarship	(715)886-5518
		Wood County President	(715)886-5518
Linda Hobbs	clhobb@wctc.net	Secretary	(715)435-3267
Linda Reber	preber7593@solarus.net	Historian	(715)421-9668
		Scholarship	(715)421-9668

No E-mail:

Judy Steinert 402 North Section Street Nekoosa WI 54457-1556	Family & Community Outreach	(715)886-4165
Linda O'Donnell 5096 Creamery Road Nekoosa WI 54457-1556	Program	(715)886-3351
Nicole Mancl 2503 County Road G Nekoosa WI 54457-1556	Cultural Arts	(715)451-8151

Club News

RUDOLPH PINES 5/12/2023 MEETING MINUTES

President Agnes Langeberg, called the meeting to order with the Homemakers Creed at 1:35 PM. Those in attendance were Agnes Langeberg, Ardelle Mueller, Nicki Jarosinski, Marilyn Cournoyer, Darlene Schumacher, Linda Hobbs, Clara Grosskreutz and Joella Stoltz. Darlene Schumacher hosted the meeting.

Secretary Report: Linda Hobbs read the minutes of the March 26, 2023 meeting. The minutes were approved.

Treasures Report: Ardelle Mueller gave the financial report and it was placed on file. Ardelle will be collecting our county dues at the August meeting and giving them to Connie Eisch at Fall Kick-Off in September.

Old Business:

County Day was discussed; everyone enjoyed the food, activities, basket raffle, book sale and cultural Arts. Thank you to Keith Gasch, for supplying the paper for our service art project with Rudolph Elementary School. The art class made the placemats we used for County Day, by doing cute pollinator art works. The lesson by Janell Wehr, on Plants to Support Pollinators was enjoyed by all. The HCE Brat Fry for Scholarship funds was held May 24, at Nekoosa Piggly Wiggly. Rudolph Pines members helping were Mike and Ardell Mueller, Tom Jarosinski, Darlene Schumacher, Lori Heil and Linda Hobbs.

New Business:

Rudolph Pines will be hosting the Christmas Party, December 5, 2023. It will be at McMillan Library, Wisconsin Rapids. The theme and center pieces were selected. A discussion about food was held and the menu will be finalized at our next meeting.

The State Conference was discussed. Bring local items for the Wood County Basket to Fall Kick-Off. The basket will be in the Silent Auction to raise funds for Nicaragua. You can donate items for the Cultural Arts raffle to Fall Kick-Off; Darlene is in charge of this. Bring personal items, sewing item or small cooking utensils for the shoe box collection for Nicaragua. You need to have a Tax Exempt form to check in at the Hotel. Use the registration form given out at County Day for the State Conference.

Darlene will check into a Brat Fry at Quality Foods, for Wood County HCE.

We discussed how important it is to include the County Extension Office in all our activities. We do not want to lose this valuable resource in our area.

Election of officers will be held at our next meeting. Ardell Mueller will host the next meeting on August 9, 2023 at 1:00, at her home.

President Agnes Langeberg closed the meeting at 3:40 with the Homemakers Prayer.

Respectfully submitted, Linda Hobbs, Secretary

WOOD COUNTY HCE BOARD OF DIRECTORS MEETING MINUTES

AUGUST 8, 2023

The meeting was called to order at 9:12 AM, at the Lester Nekoosa Library by President Peggy Wettstein, with the Pledge of Allegiance and Homemakers Creed. Attending the meeting were Peggy Wettstein, Linda Hobbs, Sandra Oleson, Linda O'Donnell, Denise Mancl, Christine Goodness, Pat Klein, Agnes Langeberg, Jacki Carratini and Darlene Schumacher.

Secretary's Report: Linda Hobbs read the minutes from the May 12, 2023 Board of Directors Meeting. The minutes were approved by Pat Klein and seconded by Denise Mancl.

Treasurer's Report: The report was read by President Peggy Wettstein and put on file.

Old Business:

Connection Articles are due today for the August issue.

The May 24th Brat Fry at Piggly Wiggly was discussed, it was a success.

Peggy will bring a shoe box to collect personal items, sewing items and cooking utensils to Fall Kick-Off. These items will be taken to the State Conference and shipped to Nicaragua.

Please bring local area items to Fall Kick-Off for the Wood County HCE international basket at State Conference. The basket will be in the Silent Auction to raise funds for Nicaragua.

Please bring items to donate to the Cultural Arts Raffle for State Conference, contact Darlene Schumacher. Darlene showed us an LP Record Clock made locally she will be raffling off.

Jacki suggested using a Styrofoam or cardboard tri-fold, instead of buying 2 bulletin boards and putting them together for the State Conference. It would be lighter and easier to handle. Everyone agreed to look into that idea. Peggy will reserve a space for the Wood County HCE board at State Conference. Peggy will get someone to decorate the board.

Committee Reports:

Family and Community Outreach: Sandra Oleson had nothing new to report. Judy Steinert requested to be taken off the committee. Program: Linda O'Donnell had nothing new to report. This is her last year on this committee.

Bookworms: Christine Goodness reported she received all the books for this year and paid the bill. She needs additional readers for the upcoming school year. Reading the books to children will be on Wednesday's this year.

Scholarship: Peggy reported that Gracie Hoffmann received this year's scholarship and her Thank You article will be in the HCE Connection.

Membership: Denise Mancl reported she is sending articles promoting HCE activities to the City Times and Pittsville Record. Fliers are displayed at the Libraries and around the community.

New Business:

Jackie Carratini updated us on activities at the Extension office.

Darlene Schumacher talked to Quality Foods in Wisconsin Rapids about having a Brat Fry there for Wood County HCE programs. It would possibly be the weekend before Memorial Day. Both Brat Fry events could be held to raise more money for HCE.

Upcoming Lessons for 2023 are the following: October 5 (Craft Lesson) Denise and Nicole Mancl will have information in the HCE Connection for the 3 projects, Diamond Dot Gnome Key Chain, Greeting Card and Waterless Holiday Snow Globe. November 2 (Canning Meat) Jackie Carratini will present the lesson. December 7 (No Bake Holiday Treats) Denise Mancl will present the lesson. If you have favorite No Bake recipes give them to Denise. They will be copied and given out at the lesson. They will not be published. All lessons will be at the McMillan Library from 1:00 to 3:00.

Programs for 2024: The lessons will be on the first Thursday of the month at McMillan Memorial Library. This is to allow the Home Schooling Families to participate in the lessons. The lessons will be February 2 (Elder Abuse), March 7 (Craft Projects and Service Day) and April 4 (Intergenerational Family Projects).

Fall Kick-off will be September 12, hosted by Club 51 at the Lester Nekoosa Library, starting at 9:00AM. There will be a Basket Raffle and used Book Sale. Mike and Barb Hittner will be the speaking about their recent trip to China. Various projects for State Conference should be brought to Fall Kick-Off.

WAHCE State Conference will be September 18 – 20, at Wintergreen Conference Center in Wisconsin Dells. Be sure to get your Cultural Arts entry's to the Conference. Contact Connie for the Tax Exempt number to use for hotel registration.

The Fall West District Meeting will be October 9, 2023 at Trinity Lutheran Church, 401 West Street, Loyal WI. The meeting starts at 9:30 with registration, coffee and refreshments. Get your reservation into Peggy if you are going. The cost is \$12.00, please bring your registration to Fall Kick-Off.

The Christmas Party will be December 5, 2023 at McMillan Memorial Library in Wisconsin Rapids. Rudolph Pines is hosting the party. The menu will be a Chicken Dinner. More information will be in the October HCE Connection.

President Peggy passed out a sheet to track our volunteer hours for HCE from 6/01/2023 to 5/30/2024. Each hour contribution is valued at \$31.80. This can be used for local funding grants.

The next Board of Directors Meeting will be 11/14/2023, at Lester Nekoosa Library at 9:00AM.

President Peggy closed the meeting at 11:30 AM with the Homemakers Prayer.

Respectfully submitted, Linda Hobbs, Secretary



Cultural Arts Upcoming Event



Denise Mancl



Nicole Mancl



No-Bake Holiday Treats

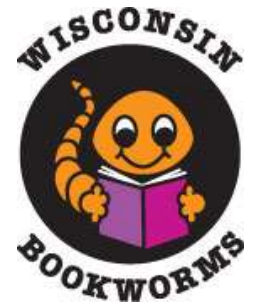
1:00 PM – 3:00 PM

Join Denise Mancl as she demonstrates how to make tasty no-bake holiday treats. She will have samples and recipes available! Don't miss this chance to learn some new recipes to make your holiday season preparations a little easier. Held in the All-Purpose room at McMillan Library. No cost for the class.



Wisconsin Bookworms

Christine Goodness
Bookworms Chairperson
(715)886-5294



The Wisconsin Bookworms is celebrating “25 years”!! The reading program started in 1998. Since then:

- At the start of the 2023-2024 school year, 103,655 children will have participated in the Wisconsin Bookworms program since it began.
- By the end of this school year 2024, a total of 960,500 FREE books will have been distributed to young children since 1998.

The Wisconsin Association For Home and Community Education provides the Wisconsin Bookworms Program to 33 counties reaching more than 3655 children this school year. This early learning literacy program helps young children develop a love of reading, along with an enthusiasm for learning. We receive educational support for activity sheets from the UW Madison-Division of Extension.

Volunteers read a book to the children on a regular basis, engage them in a related activity, and give a free book to each child. The books the children receive throughout the school year help them create their own in-home library. Wisconsin Bookworms is proud to involve children and families in reading and doing literacy activities.

Wisconsin Bookworms was the recipient of the UW-Extension Chancellor’s Award in 2010.

If your interested in supporting this great program;

- The cost of a set of 8 books is \$25 per child.
- Being a volunteer reader in the classroom.

Thank you to everyone that supports this Early Childhood literacy program.

Keep Reading!

Christine Goodness
(715)886-5294

Wood County Bookworm Coordinator



Jackie Carattini

Fall Greetings!

I hope you all have been able to get out and enjoy the great summer we had in Central Wi. The leaves are changing quickly and that is a sign that winter will soon be upon us. Congratulations to those who had cultural arts projects at the state convention. As you begin to spend more time indoors in the coming months, I encourage you to think about a new hobby to try or craft project to tackle. Or if you are like me, try pulling one out of the closet or craft room that you never got around to finishing and set a goal to finish it! Believe it or not, hobbies and crafts are good for both your physical and mental health. They keep your hands and minds busy. It is something to look forward to each day. If you are learning new things, it activates parts of your brain that may have been dormant. It can reduce anxiety by giving your mind something to focus on. Allow yourself grace and time to complete tasks knowing it may take you a bit longer. Don't let that discourage you, just keep going at your own pace. Think of how great it will feel when you do complete it!

Upcoming Events

2
Nov

Pressure Canning Venison and Beef, What to do When Your Freezer is Full!

With deer harvest in full swing, what do you do when you run out of freezer space and there is no room for all that venison? Do you have a pressure canner? Are you an avid canner for putting up your summer garden harvest but never considered trying to can venison, beef or other meat and wild game? Or are you a hunter just looking for a new way to enjoy your venison? Join Jackie Carattini, Human Development and Relationships educator for a step-by-step discussion on how to safely pressure can your venison using research-based recipes and methods to produce a tender, delicious and safe product!

1:00 PM – 3:00 PM

Jackie L. Carattini

Jackie L. Carattini
Associate Professor
Human Development & Relationships Extension Educator
University of Wisconsin-Madison- Division of Extension

400 Market St., P.O. Box 8095
Wisconsin Rapids, WI 54495-8095

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UW Madison- Division of Extension

Jackie Carattini Article

A Healthy Brain: Use it or Lose it!

If you want strong muscles, you need to do a lot of physical activity, like regular exercise, strength training, or weightlifting. “Use it or lose it” is a phrase that refers to building and maintaining strong muscles. But what about your brain? The brain is not a muscle – it is not made of muscle fibers. Instead, it is made of many smaller brain cells called neurons. These neurons send signals to one other, and communicate with one another, through chemicals called neurotransmitters. Even though the brain cells are not muscle fibers, brain cells also operate under the same general principle: Use it or lose it. If a brain cell is not used, or does not communicate with the cell next door, that brain cell loses its function.

Cognitive Reserve The “cognitive reserve” hypothesis suggests that a very healthy, “high capacity” brain – a brain with high cognitive reserve – is one where there are a lot of healthy brain cells, and those brain cells have a lot of connections with one another. A brain with low cognitive reserve does not have as many connections between brain cells, and likely has fewer healthy cells. So, why do we need high cognitive reserve?

Building Cognitive Reserve through Brain Activities In order to build connections between brain cells, and increase the connections between existing brain cells, you need to use the cells to establish the connection, and then keep using the cells, to maintain that connection. Regular use of “brain stimulating activities” is actually building a healthier brain: people with more intellectually stimulating jobs or leisure activities are continually building new brain connections, and using existing brain connections in their everyday life.

Even if you don’t live or work in an intellectually stimulating environment, you can still build your own cognitive reserve, by challenging your brain:

- Learning new information and processing that information on a deeper level. Once you have learned it, try teaching it to a friend or family member.
- Watch a documentary and discuss it with a friend.
- Read books or articles in a new genre – if you like mysteries, try non-fiction. If you usually read magazines, try reading a short story. Even if it is not your first choice, remember you are trying something new because you are challenging your brain. If you typically read paper books, try an audio book. There are many to choose from at the library.
- Attend lectures or guest speakers in your area on topics that interest you – your library, Extension office or senior center should have a calendar or list of what’s free.
- Trying existing activities in a new way. Brush your teeth with the opposite hand – it makes your brain work harder than you might think! Try learning about, and then trying a new cooking technique – have you heard of cooking sous vide? If not, look it up! Have you tried cooking with spices from another culture? The learning process, and the trying process, can be a good challenge for your brain, and the reward may be tasty.
- Stimulate your senses with new environments – see, hear, and smell things that are new to you If you normally go to the movies, why not try a play, or an opera? Listen to a new radio station – even if the music on the new station isn’t typically what you prefer, you can think about the differences you hear in the music styles, and you can even discuss with someone why certain styles are more or less appealing to you. Maybe you will discover a new area of music that you enjoy Go for a walk on a new route – see a new neighborhood in your area. Instead of walking around your own block, why not drive to a new spot and start your walk from there? Don’t forget to tell people where you are going and to bring a map!

Really, anything that you find to be intellectually challenging is likely causing the growth of new neural connections or building existing connections to be more efficient. Using your brain in new ways is building up your cognitive reserve.

This article was adapted from a article by Elizabeth B. Fauth and Maria C. Norton from Utah State University Extension.

Strong Bodies Nutrition Tips

STRONGPeople Nutrition Tip

Be Your Bones' Best Friend!



Due to a variety of hormonal and physiologic factors, the maintenance of bone health is of great concern, especially to women. We reach peak bone mass in the first 25 years of life and then can lose it steadily in the remainder of our lives. Although bone loss is seemingly unstoppable with the onset of menopause and its related hormone changes, bone health can be sustained through lifestyle changes. Such a bone-friendly way of life has a food foundation—overall nutrition!

CALCIUM: This mineral is a significant part of our bone mass. Therefore, it is no surprise that it is an important mineral to consume to improve bone health. The best food sources of calcium are milk, foods made with milk (not butter or cream), and foods fortified with calcium. Other good sources are soybeans, almonds, and hazelnuts. Green leafy vegetables are good sources as well. Calcium supplements are not the first route you should take to increase consumption, because calcium from food sources is more readily absorbed than calcium from supplements. For optimal bone health, strive to obtain the calcium DRIs in the foods you eat and drink. One 8-ounce glass of milk, for example, contains 300 mg of calcium.

VITAMIN D: Vitamin D works hand-in-hand with calcium and is thus an important vitamin for strong bones. It helps with calcium absorption and aids in the biochemical process by which calcium helps strengthen bone. We get vitamin D from food and from the sun, which stimulates skin cells to make it. All we need is 20 minutes of sunlight with our face and arms exposed to the sun (without sunscreen) to get our daily supply. However, that is often not possible during the winter months in many areas of the country. The best food sources are saltwater fish, egg yolks, and vitamin D-fortified products (e.g. milk). Vitamin D supplements can be used, especially in the winter months, to make up any shortfall from your diet.

OTHER BONE NUTRIENTS: You should strive to eat a healthy mix of these nutrients in addition to calcium and vitamin D in your diet to maintain good bone health. These other nutrients are beneficial for bone only from food sources—not in supplement form.

- Magnesium is a mineral that is part of the composition of bone.
- Potassium contributes to proper acid balance in the blood, so the body doesn't need to draw calcium from the skeleton to balance acid.
- Vitamin K and vitamin C contribute to the production of collagen, a component of cartilage, connective tissue, and bone. Both nutrients combat oxidation, which is a factor in the aging of our bodies.

How Much Calcium and Vitamin D Do You Need?

DRI = Dietary Reference Intake
mg = milligram
IU = International Unit
Caution: Do not exceed the DRIs. High levels of vitamin D can be toxic, and excess calcium can lead to kidney stones.

Calcium DRIs:
19 to 50 years: **1000 mg/day**
51 to 70 years: **1200 mg/day**
71 years and older: **1200 mg/day**

Vitamin D DRIs:
1 year to 70 years: **600 IU/day**
>70 years: **800 IU/day**

Supplements

If you decide to take a supplement, choose a daily dose that complements what you are already consuming in your diet.

Calcium = **Choose either calcium citrate or calcium carbonate supplements**

Vitamin D = **No one should go above 4000 IU per day; vitamin D is toxic at high levels**

Nutrition

Hannah Wendels
(715)421-8530

FoodWise Nutrition
Educator
Wood County

University of
Wisconsin-Madison
Division of
Extension



WAHCE State Conference

I was impressed with the set up of the county displays. The food was very good. I enjoyed the sessions that I attended. Had a fun excursion on the ducks. Met a lot of nice people and learned about their fundraising ideas. The negatives was getting lost finding where some of my sessions were. Lots of walking. So glad we had 14 members attend this year. A lot of counties are experiencing loss of clubs like we are. Good to know that we are gaining new members too. I am looking forward to next year at Appleton. Submitted by Pat Klein.

Wood County should be proud of our members that spent time this past year doing their Cultural Arts projects.

Diane Nickel—Photo—2nd place

Marilyn Cournoyer—Basket—1st place

Jim Nickel—Hand Stitchery—1st place

Nicole Mancl—Diamond Art—1st place

Jim Nickel—Wood Working Tattler Cabinet—1st. Place

Diane Nickel—Sunrise Lap/Baby Quilt—1st. Place

Darlene Schumacher—Bracelet. 1st place and Medallion

I want to thank all who came to conference and donated raffle gifts and helped in the Cultural Arts room. This was a wonderful conference and I hope that those that came will join Us again next year in Appleton. We had 362 entries, 7 no shows and 1 disqualified. 47 raffle items to display in Our room. Start doing your projects now and show everyone that Wood County can do this. We do have lots of talent in our county.

Darlene Schumacher WAHCE Cultural Arts Chair

(Message From the President continued)

But, as I just finished up a batch of salsa, I am thinking that I don't really need to plant as many tomatoes next year.....but yet I know that when I visit the local greenhouse next spring, I will cave in; and the cycle goes on!! We had such a beautiful Fall Kick-Off in September! Many thanks to all in Club 51 who made that happen! Congratulations to our new officers/board members, who will be installed in December. Even better, thanks to the lovely Rudolph Pines ladies; now we all know the secret to winning the raffle baskets! When we fill out the raffle tickets, all we need do is put down our first name and then instead of our own last name, we write in Agnes's last name. If you would like to practice it before the Christmas Party, that's L-A-N-G-E-B-E-R-G! Agnes, we hope you don't mind, and that you love all of us as much as we love you!!

Our State Convention was great! My favorite part of the convention is always being placed at a table where I don't know anyone, and by the end of the meal I feel that I have eight or nine new friends! We all came back with wonderful lessons to share with our local members. Hats off to Darlene and all those who helped her display well over 300 beautiful cultural arts projects!

By the time you are reading this, we will have enjoyed Denise & Nicole's Craft Day at McMillan and our West District Fall Meeting in Loyal. Be sure to look for the flier enclosed advertising our November lesson on canning meats and our December lesson featuring no-bake holiday treats! If I don't see you before, I am looking forward to seeing every one of you at our Christmas Party December 5!

Peggy

Orange The World



DAHCE International Workshop , 2023

ACWW is encouraging us to learn about the UNESCO (United Nations Educational, Scientific, and Cultural Organization) campaign, Orange the World. This will focus on violence of all kinds. It asks us to become more aware of violence in our own communities: in our homes, on our streets and in our schools. We see acts of violence on TV every day; we see it happening near us and around the world.

November 25th, the International Day of Elimination of Violence against women and Children and is designated the Orange Day. The color orange symbolizes a brighter future, free of violence. It also serves as a means of demonstrating your solidarity in eliminating all forms of violence.

Can we help reduce violence? We can certainly try. It is a topic for which it is easy to find a speaker. Every police department and domestic violence center deals with it regularly. Learn about the problems in your community. Support the agencies in your area such as homeless shelters or Domestic Violence centers. Learn about the causes and some effective solutions. Be an advocate. Talk about it at your county or district meeting. Have a "Wear your orange" meeting. Show support for the victims of this problem. It exists on every social level from poverty to wealth. Let's spread the orange at the district meetings next year. I expect people to ask you what "Orange the World" is when you wear the button. It should be an interesting conversation starter. The umbrella on the button is a symbol for protection or shelter. It is UNESCO's symbol for "NO to Violence against Women". Let's say NO to violence of all kinds.

We will have practical ideas for your districts and counties in the COMMUNICATOR which your county will receive in early January.

Virtual Strong Bodies Class



Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Questions? Contact Jen Whitty at jennifer.whitty@wisc.edu

Virtual StrongBodies - Fall 2023 Session

Dates: October 10 through December 21

Time: Tuesdays and Thursdays, 9:00 – 10:15 am

How to Sign Up: Register online at <https://go.wisc.edu/6693j7>

A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after October 10



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