



Coming Soon to St. Joseph Ridge....

Strong Seniors-Strong Bones!

A Free, 12-week strength training program developed by Tufts University. All activity levels welcome.

Ages 50 and older.

Class size is limited to 30 people, and spots are filling up.

Join us for an informational meeting!

DATE: THURSDAY, FEBRUARY 2ND

TIME: 9:00 AM–10:00 AM

PLACE: GREENFIELD TOWN HALL

(BY THE WATER TOWER)

TO REGISTER, CALL LINDSEY BERTRAND AT (608)785-5613
OR LIZ HAAG AT (608)785-5609.

Free Classes

Classes held on Tuesdays & Thursdays from 9:00-10:00 am at the Greenfield Town Hall. First Class starts Tuesday, February 14th.

For more information, visit our website at www.getactivewisconsin.org.