



Vilas County Public Health Department

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For Immediate Release: February 14, 2017

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STRONG WOMEN PROGRAM

North Lakeland Community Education and Vilas County Public Health Department will be offering the Strong Women Program, an exercise program for middle aged and older women. Classes will be starting April 3rd and running through June 7th, 2017 and held on Mondays and Wednesday 9-10am at Boulder Junction Town Hall and Community Center, 5392 Park Street. Each class includes progressive weight training, flexibility, and balance activities. The instructors have been trained in the Strong Women program and have had personal successes participating and leading strength training.

The Strong Women Program was developed by Miriam Nelson, Ph.D., an associate professor at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University. The Strong Women Program is based upon years of research on how strength training and proper nutrition improve the health of women of all ages. “Strength is a critical factor in living healthier, more active lives. Our research shows that a program of strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength,” states Dr. Nelson. The program is appropriate for both sedentary and active women.

The cost for the Strong Women program is \$50. **Class size is limited so call soon.** If you are interested in participating in the Strong Women Program, please contact Donna White, North Lakeland Community Education Coordinator at 715-543-2159 for proper paperwork and equipment required for participation.

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