Movement & Strength Training

for Healthy Aging Individuals

Staying active and maintaining our muscle strength as we age are key components to healthy aging. Many times as we age, we find movement more difficult. The tendency is to move less, which results in loss of muscle size, muscle strength, and increased difficulty completing our activities of daily living. Let's work together to get moving more and incorporate strength training to keep our bodies strong and feel our best! If needed, modifications will be provided to accommodate all levels of participants.

Tuesdays and Thursdays
February 11 – March 19
Meet In Pool Lobby

8:30 am – 9:15 am
OR
9:45 am – 10:30 am

Class Cost: only $35

Stephanie Caves has been a **licensed Occupational Therapist** for 17 years. This is an incredible offer! *Similar programs would cost at least twice as much!*

In case of inclement weather and/or school is canceled/dismissed early, class will be canceled and will not be rescheduled. Please watch Lodi CREW Facebook for cancelation info!

Space is limited! MUST have a minimum of 10 per class!

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with **Lodi School District Recreation and Education Program** activities and events organized by **The School District of Lodi.**

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I am 18 year of age or older and mentally competent to enter into this waiver.

Any Questions Contact
592-1076

Mail Form to:
CREW
1100 Sauk St
Lodi, WI 53555

Method of Payment:

Cost: $35 per person
Limited Spacing

Method of Payment:
☐ Check (make payable to Lodi Schools)
☐ Cash (drop off only)
☐ Register On-line!

Name _____
Address _____
Phone _____
Email _____
Signature _____

Movement & Strength Training Winter II 2020