

StrongBodies Program

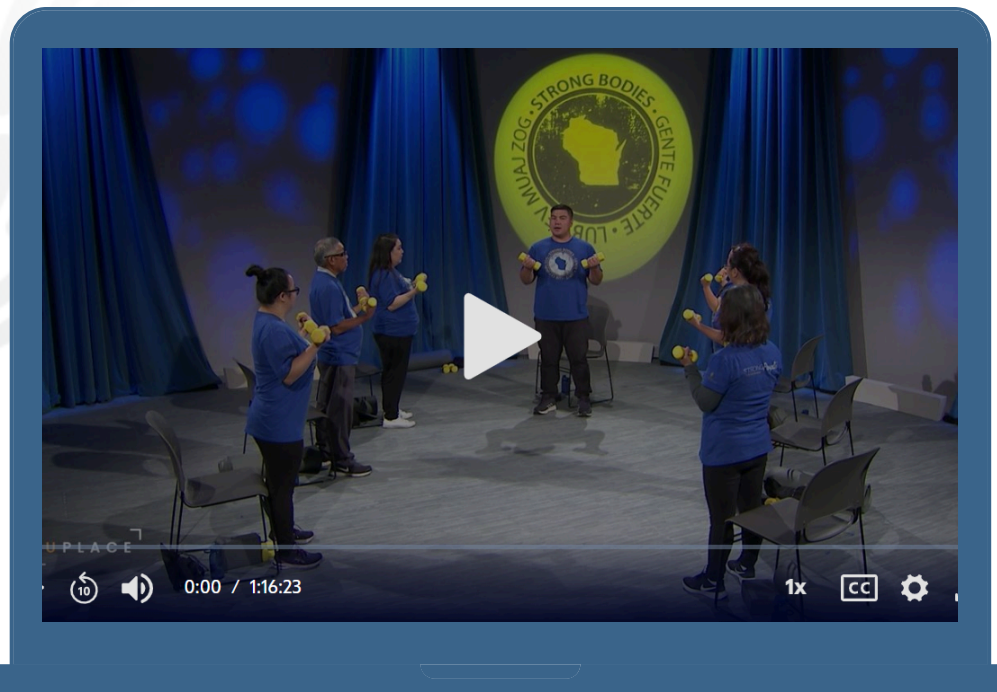


# Lub Cev Muaj Zog Video Live on PBS

StrongBodies in Hmong

Strength training program designed to improve health, increase strength, and support active aging, now available in Hmong.

to watch, visit  
[go.wisc.edu/50u4f3](http://go.wisc.edu/50u4f3)  
or scan QR code



Health & Well-Being Institute  
DIVISION OF EXTENSION  
UNIVERSITY OF WISCONSIN-MADISON

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.