

Stand Up & Move More

A **FREE** health education workshop for adults age 55+



Get off the couch!
Get motivated!
Be more active!
YOU CAN DO IT!

- **Stand Up & Move More** is a four-week health education workshop
- Meetings are 1.5 to 2 hours
- The program involves: taking the workshop, assessments, providing feedback, and attending a refresher meeting at 8 weeks
- Set goals with specific strategies for standing up and moving more
- Join in group discussions and learn from your peers
- Learn about the health benefits of sitting less

Receive up to a **\$60** gift certificate
for completing the program & assessment

Do you have any questions? Are you interested in participating?

Then call:

The Rock County Council on Aging at: 608-757-5309

Beloit session: Wednesdays from 1 – 3pm at Grinnell Hall beginning July 1, 2020

Janesville session: Tuesdays from 10am – 12 pm at COA beginning August 4, 2020

or

The University of Wisconsin-Madison at **(608) 262-4234**

Stand Up & Move More is part of a research study being conducted by the University of Wisconsin-Madison.
Stand Up & Move More is not a fitness program, but rather a health education program.



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