

# MEN IN MOTION



"MEN IN MOTION" is a free fitness and outreach program open to the public. The program focuses on gentle exercise, diet, and healthy practices. The fitness component instructs participants in light exercise: stretching, light aerobics, and physical movement.

Instructor: Johnny Winston, certified personal trainer  
**"Aim to encourage fitness, exercise, nutrition, and a healthy lifestyle."**

Location: UWSouthMadisonPartnershipOffice  
2238SouthParkStreet, Madison, WI53713

TIME: Tuesdays&Thursdays, 3:30-4:30p.m.

Classes begin on August 17 and run through December 21, 2023

Drop in or register at: [adrc.wisc.edu/MM2023](http://adrc.wisc.edu/MM2023)



**Wisconsin Alzheimer's  
Disease Research Center**

UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

For more information or to arrange a free cab ride contact:

James Bester

[jbester@medicine.wisc.edu](mailto:jbester@medicine.wisc.edu)

608-957-4103