

MEN IN MOTION



LEGACY



KINGS

"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: UW South Madison Partnership Office
2238 South Park Street, Madison, WI 53713

Time: **Tuesday & Thursday, 3:30-4:30p.m.**

Classes resume on **January 11th, 2024**

Drop in or register at: adrc.wisc.edu/MM2023



**Wisconsin Alzheimer's
Disease Research Center**
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

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