



Florence County Health Department

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FOR IMMEDIATE RELEASE

September 11, 2025

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715-528-4837

YOGA WITH JODI WADGE AT FLORENCE RESOURCE CENTER

Yoga classes with Jodi Wadge are scheduled to begin Thursday, October 9th at the downstairs of the Florence Resource Center. The classes will be held for four Thursdays in October for 45 minutes beginning at 5:30 pm: Oct 9, 16, 23, 30th. You may bring your own mat and block or they will be provided. Participants must be 18 years of age. Jodi is an experienced, registered 200-hour yoga instructor, physical therapist and certified strength and conditioning specialist. Yoga has decades of evidence that show how it improves overall health at any age. Each class is a new opportunity to grow in this healthy and beneficial practice. The collaboration is provided through the Florence County Aging and Disability Resource Center and Public Health Department.

The cost is \$5 per session to be paid at each class. You must register for each class. Please contact Alisha Krenzke at 715-528-4837. The Florence County Health Department is located on the first floor of the courthouse open from 8am-4:30pm Mon-Thurs, Friday by appointment.

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