

STRENGTH

LIFE TAKES

Functional Strength Training Seminar



May 6th
Noon - 1pm
Schroeder Complex
Rm 256

EMPLOYEE WELLNESS

LEARN

- What Functional Strength Training Is. Why It's Practical. Why Everyone Needs It.
- How to Perform Basic Strength Training Exercises Safely and Correctly
- Recommendations for Designing a Program
- Techniques to Maximize Your Time and Get Results

PRESENTED by William P. Ebben, PhD, MSSW, CSCS*D, USAW

Dr. Ebben is a faculty member and researcher in Exercise Science at Marquette. His background includes extensive experience in strength and conditioning coaching, personal training, and the psychology of exercise motivation. For more on Dr. Ebben, go to: <http://www.marquette.edu/chs/exercise/faculty/ebben.shtml>

TO REGISTER: Employees may contact Mandi Weis, Wellness Coordinator, at mandi.weis@marquette.edu or 288-4581 to attend this seminar.