



LIVING WELL WITH CHRONIC CONDITIONS...

is a six-week workshop providing information and support for people with on-going health problems such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, stroke, fibromyalgia, stress/anxiety and many others. Focus is on enjoying life, even though you have a chronic condition.

Next Class offered:

Date: Monday Jan.9- Feb.13th, 2017

Time: 9am-11:30am

Location: Kewaunee Health & Fitness Ctr
160 Terraqua Dr, Kewaunee, WI 54216

***Please call 1-877-416-7083 to register now.**

.....is a unique six week course that addresses the needs of people who are providing care for a loved one. Programs focus on building communication skills, lowering stress, setting goals, making tough decisions, coping with anger and guilt, accessing community resources and solving problems. Educational in nature, but allows time for sharing and bonding.

Next Class offered:

Date: Tuesday, Jan. 10th to Feb.14th, 2017

Time: 1pm to 3:30pm

Location: St. John's Lutheran- Luxemburg, WI

***Please call 1-877-416-7083 to register now. Typically need 8 participants to have class.**



STEPPING ON....

is a seven-week workshop that is proven to reduce falls. Through leadership of trained facilitators and presentations by community experts, this workshop focuses on improving balance and strength, home and environmental safety, vision and a medication review. Research shows that Stepping On participants have a 31% reduced risk of falls.

Tentative scheduling:

Date: Tuesday, Feb.14th- Mar.28th, 2017

Time: 9am-11:30am

Location: Kewaunee HHS, 810 Lincoln St.

***Please call 1-877-416-7083 to be placed on Waiting list.**

***Please note there are minimal fees for each class.**



STRONG BONES....

is an evidence-based strength training program for men and woman. Each class includes progressive weight training, flexibility, and balance activities. This program can help improve bone density, reduce falls, increase flexibility and strength. Participants in this 8-10 week class meet twice a week for one hour. Individuals aged 70 and up will need a release from their physician stating they are able to participate.

Tentative scheduling for 2 classes:

1. Location: Rankin, WI

Date: Tues. & Fri Jan.17th to Feb.28th, 2017 @ 9am

2. Location: Kewaunee, WI

Date: January to February 2017-To be determined

***Please call 1-877-416-7083 to be placed on Waiting list.**

Please contact ADRC of the Lakeshore (Kewaunee) 1-877-416-7083 to pre-register or be placed on waiting list for upcoming classes. Thank you.

ADRC of the Lakeshore is working with Health Care Partners throughout Kewaunee and Manitowoc Counties to continue to encourage healthy living among older adults through evidence-based programs. All workshops are facilitated by trained leaders and **do not replace existing programs or treatments.**