

Educational Workshops

1535 Lyon Dr. Neenah, WI | 920-727-5555



How to Stay Home Safely

July 20, 2026, 3:30 pm - 4:30 pm

This interactive, community-based program helps older adults stay safe, confident, and independent at home through practical, easy-to-follow guidance. Led by Valley VNA care professionals, it covers fall prevention, home safety tips, medication awareness, and knowing when to ask for extra support.

Small Steps for Brain Health

September, 9 2026, 3:30 pm - 4:30 pm

Maintaining brain health is an important part of staying independent, engaged, and enjoying life as we age! This presentation explores simple, practical steps individuals can take to protect and grow their brain as they age. We'll focus on the powerful role of regular physical activity, nourishing food choices, quality sleep, stress reduction, and keeping the brain actively engaged. Backed by research and designed for real life, this session offers approachable strategies that can be started immediately.

All education sessions are free and held at Valley VNA Senior Care in the Keller Community Center room. No registration necessary.

Valleyvna.org