

Sponsored by the Waushara County Department of Aging

Join Us!!



Caregiver Wellness Meetings

Define your pathway to physical, emotional, and holistic wellness through conversation, validation, and exploration with other caregivers while simultaneously caring for your loved one.

April 22

“Emotions
Associated
with
Caregiving”

Olivia Walton—
Dementia Care
Specialist

May 20

“Easy ways to
prevent
incontinence with
MOM”

Amanda Kutcher—
Health Promotions
Coordinator

July 22

“How Can a Geriatric
Specialist help in Your
Caregiving Journey”

Christian Biegel—Doctor
of Physical Therapy &
Geriatric Specialist

11:30a Conversation / 12:30p Lunch / 1:00p Expert Speaker

Learn tips and techniques to bring you closer to overall health and wellness while caring for another. Meetings are free, lunch is provided.

Respite services may be available. Pre-registration is required.

Contact the Dept. Of Aging & Disability Services: 920-787-0403

Stahl Celebration and Remembrance Center

W7492 State Road 21/73, Wautoma