

2023 QUARTERLY EDUCATION SERIES

PRESENTED BY: THE BROWN COUNTY CAREGIVER COALITION

DANCE FOR JOY WITH EMPOWERMENT DANCE WITH LISA PRITZL

Wednesday, March 15, 2023, 12:30 - 1:30 p.m.

Online or In person

At Options for Independent Living

555 Country Club Rd. Green Bay

This class provides a gentle approach to enjoying the benefits that dance provides. Many of the dances are performed seated as to create a safe environment for the dancers. From ballet to ballroom, dancers leave class empowered! No experience necessary. Dress comfortably and come to have fun!



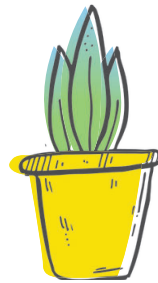
STRESS REDUCTION CLASS FROM POWERFUL TOOLS FOR CAREGIVERS

Tuesday, July 25, 2023, 1 p.m.

In person at ADRC

300 S. Adams St. Green Bay

As caregivers, we are very good at taking care of others, but not so good at taking care of ourselves. ADRC offers a 6-week workshop called Powerful Tools for Caregivers. The class covers a different topic each week focusing on the caregiver. If you've ever thought about taking this course, but aren't sure if it's for you, here is your chance to try one of the sessions. The stress topic is perfect because we all encounter stress in our day to day lives.



ADVANCE DIRECTIVES FOR HEALTHCARE & BEYOND

Thursday, May 18, 2023, 10 - 11:30 a.m.

In person at ADRC

300 S. Adams St. Green Bay

It's always too soon before it's too late. All too often, individuals and their families are not prepared to face serious illnesses, accidents, or end of life for a loved one. Experts help you document your personal wishes for healthcare for use at a time when you can't speak for yourself. If your healthcare wishes are not documented, our experts will help you take the next step.

CREATING A SAFE DISCHARGE PLAN



Tuesday, Nov 14, 2023, 5:30 - 6:30 p.m.

Online or In person

At Options for Independent Living

555 Country Club Rd. Green Bay

As your loved one is being discharged from a hospital, a safe discharge plan is critical. What does a safe discharge plan look like? How do you make sure you have everything in place, from the care needed at home, to transportation and your loved one's safety? Join us as MaryBeth Fumelle, from Compassus Hospice, helps you make sure that when the time comes, you know what things to consider at this crucial time.

REGISTRATION REQUIRED

To register for any, or all, of these classes, call **ADRC at (920) 448-4300** or online at adrcofbrowncounty.org/events

If you'll be joining the class online, a link will be sent to you the day before the event.



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care4me
BROWN COUNTY CAREGIVER COALITION