



2019 FALL WORKSHOP SCHEDULE

Living Well With Chronic Conditions

Thursdays, Oct. 17-Nov 22; 9:30-12pm ADRC of Sheboygan County, 650 Forest Ave. Sheboygan Falls.
Register at 467-4100



For adults with any type of ongoing health condition:

- Find practical ways to deal with pain and fatigue
- Learn better ways to talk with your doctor and family about your health
- Practice relaxation and other techniques to help you break the symptom cycle
- Get the support you need!
- Discover better nutrition and exercise choices

Join a 2.5 hour workshop, held each week for 6 weeks.

Cost is free with option to purchase \$20 book.

Healthy Living With Diabetes

Thursdays, Sept. 19-Oct. 24 1:30-4pm Lakeshore Community Health 1721 Saemann Ave, Sheboygan
Register at 920-467-4100



For adults with Type 2 Diabetes, Pre-Diabetes or if you live with someone with Type 2 Diabetes:

- Learn about healthy eating, reading food labels, planning low-fat meals
- Practice fun ways to get active
- Discover how to prevent or delay complications, low blood sugars
- Learn about foot care
- Find tips for talking with your doctor and family about health.

Join a 2.5 hour workshop, held each week for 6 weeks

Cost is free with option to purchase \$20 book.

Stepping On

Tuesdays, Sept. 10-Oct 22; 10-12pm Sheboygan Senior Community 3505 Cty Rd Y, Sheboygan Register 467-4100
Thursdays, Sept. 19-Oct 31; 1-3:00pm Generations, 1500 Douglas Dr. Plymouth Call 892-4821 to register
Tuesdays, Oct. 22-Dec 3; 2-4pm Senior Activity Center of Sheboygan, 428 Wisconsin Ave. Register 459-3290



A fall prevention workshop that puts you back in control:

- Simple and fun balance and strength training
- Role vision plays in keeping your balance
- How medication can contribute to falls
- Ways to stay safe when out and about in your community
- What to look for in safe footwear
- How to check your home for safety

Join a 2 hour workshop, held each week for 7 weeks.

Suggested donation is \$10 for materials.

Walk With Ease

M,W; Sept. 9-Nov. 6; 12:30-1:30pm Senior Activity Center of Sheboygan, 428 Wisconsin Ave.

Call 459-3290 to register

T,Th,F; Sept. 10-Oct. 18; 2:30-4 pm. Briarwood Cottages, 530 S. Pleasant View Rd Plymouth.

Call 892-4821 to register.

M,W,F; Sept. 30-Nov. 8; 9-10 am St. Paul Lutheran, 730 Cty PPP Sheboygan Falls. Call 467-9042 to register.



Walking made easy. Walking made safe.

- Reduce pain and stiffness
- Increase balance, strength and walking pace
- Build confidence and improve health

Join a 1 hour workshop, held 2 or 3 times per week for 6 weeks.

Cost is free with option to purchase \$5 workbook.

Powerful Tools for Caregivers

Fridays; Oct 4-Nov 8 10 am-12:30pm Aurora Sheboygan Memorial Medical Center 2629 N. 7th St. Sheboygan
Hot meal included. Call 467-4100 to register.



An educational workshop for adults who are caregivers:

- Learn to take care of yourself as well as your loved one
- Learn to reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase your ability to make tough decisions
- Locate helpful resources

Join a 2 ½ hour workshop held weekly for 6 weeks. Meal provided.

Suggested donation of \$30 for materials.

Tai Chi: Moving For Better Balance

Tues & Thurs; Aug 20-Nov 7; 9-10am Sunny Ridge Nursing and Rehabilitation, 3014 Erie Ave Sheboygan
Call 467-4100 to register.



Improve your balance and prevent falls with this ancient evidence based exercise that is gentle yet challenging.

For adults age 60 and above.

- Improve balance, muscle strength, flexibility and mobility.
- Learn a modified 8 form Yang style Tai Chi
- Modifications available for limited mobility

Join a 1 hour workshop, held 2 days per week for 12 weeks.

Suggested donation of \$10 with option to purchase a \$15 DVD.

Call the ADRC at 467-4100 or 1-800-596-1919 to register for a workshop or to be put on the waitlist for upcoming workshops.

Pre-registration is required.

Workshop dates/times may be subject to change.