

# Resources

The Health and Wellness tab on the ADRC website offers information about:

- 🔗 Healthy eating
- 🔗 Falls Prevention
- 🔗 Local and online health and wellness information
- 🔗 Tai Chi videos for seniors
- 🔗 Registration and referral forms for popular community programs



Visit: [adrc.kenoshacounty.org](http://adrc.kenoshacounty.org)

## What participants are saying

- 🔗 **Stepping On:** *"Not only did we learn some things about preventing falls, but we had a good time doing it. It was really fun."*
- 🔗 **Living Well:** *"This was the beginning of my taking control of my condition. I moved from victim, from feeling helpless, to feeling I can do something about this."*
- 🔗 **Lighten UP!:** *"I learned that most of my bad feelings about getting old are fixable by me. My approach and outlook are paramount to getting through and enjoying the last part of me."*
- 🔗 **Powerful Tools:** *"There was a common bond. We were all dealing with some of the same issues. We shared our stories and learned ways to cope. I learned that it is important to take care of me."*



## Call or visit us

**Monday – Friday**  
**8 a.m. – 5 p.m.**

**Additional hours available by appointment**

**8600 Sheridan Road**  
**Kenosha, WI 53143-6514**  
**262-605-6646 OR 1-800-472-8008**  
*Hablamos Español*  
**E-mail: [adrc@kenoshacounty.org](mailto:adrc@kenoshacounty.org)**  
**Website: [adrc.kenoshacounty.org](http://adrc.kenoshacounty.org)**  
**Fax: 262-605-6649**



Health &  
Wellness

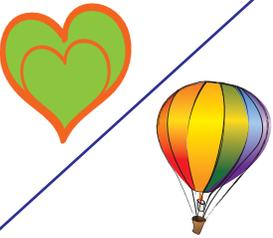
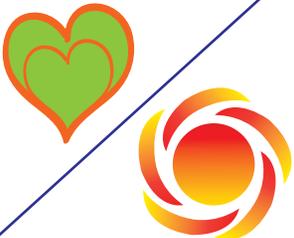
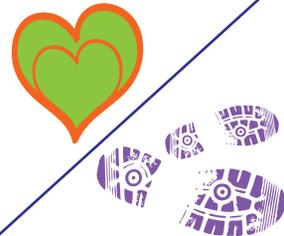


# Annual Calendar for Health & Wellness\*

The Kenosha County Aging & Disability Resource Center (ADRC), Aurora Medical Center and Kenosha Area Family and Aging Services are working together to offer year-round health and wellness opportunities.

These workshops fill up quickly so be sure to register soon!

*\* Rewards for participating in a wellness program may be available through your Health Insurance Company.*

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
					
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
				NO CLASSES	NO CLASSES



## The Disease Self-Management Workshops

6-week workshops that help you: be in control, feel better and do the things YOU want to do.

- Living Well with a Chronic Condition*
- Healthy Living with Diabetes*
- Vivir Saludable con Diabetes*



## Stepping On

7-week interactive class that helps you step outside your home with confidence, become more aware of fall hazards and learn and share with others like yourself.



## Powerful Tools for Caregivers

6-week class to help you: reduce stress, communicate effectively, deal with difficult feelings, and make tough caregiving decisions. Learn to thrive and not just survive while caring for a loved one.

## Lighten UP!

8-week highly interactive class that helps you to increase your well-being and identify the things that make you happy every day.

