

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



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
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Hablamos Español
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Website: adrc.kenoshacounty.org
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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.



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.



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.