



UNIVERSITY OF WISCONSIN-MADISON

KEWAUNEE COUNTY EXTENSION CONNECTION

Connecting people with the University of Wisconsin

February
2023

 **Northeastern Wisconsin Master Gardeners**
FIND YOUR NICHE AND GROW
2023 SPEAKER SERIES
March 4 | April 15



N.E.W. Master Gardeners 2023 Speaker Series Don't forget to register soon!

The 2023 N.E.W. Master Gardener Speaker Series is coming up this Spring.

March 4, 2023 | 10am-11:30am
Plants You Should Know and Grow

April 15, 2023 | 10am-11:30am
Insider Information on Peonies

Advance Registration: \$10
Day-of Registration: \$15

Register here: go.wisc.edu/1szgo7

All sessions will be located at the STEM Innovation Center on UWGB's campus. Registration is required. Each event can be attended in-person or virtually.

2023 Prevention Programs

Please call the ADRC at 1-877-416-7083 with questions or to register for the classes listed below.



Powerful Tools for Caregivers is a workshop which focuses on ways to take care of yourself, identify and reduce personal stress, communicate feelings, needs and concerns and master caregiving decisions while caring for someone else. By taking care of your own physical, emotional and financial needs, you become a better caregiver. This class meets 2.5 hours a week for 6 weeks.

Stepping On is a falls prevention workshop that meets for 2 hours a week for 7 weeks. Trained leaders and community professionals guide you in recognizing your risk of falling by identifying fall hazards in the home and community, help you build the balance, strength and practical skills you need to avoid a fall, how to safely get up from a fall, identify vision, footwear and medication management risks, and how to manage safely in inclement weather.

Wednesdays
April 12th – May 17th
1:00pm – 3:30pm
St. John Lutheran Church
E5221 Church Rd., Algoma (Rankin)

Wednesdays
October 11th – November 15th
9:00am – 11:30am
Kewaunee County Public Health/ Human Services
(lower level)
810 Lincoln St., Kewaunee

Mondays
March 13th – April 24th
9:15am – 11:15am
Kewaunee County Public Health/Human Services
(lower level)
810 Lincoln St., Kewaunee

Tuesdays
July 11th – August 22nd
9:00am – 11:00am
Algoma (site to be determined)



Living Well with Chronic Conditions

Living Well with Chronic Conditions is a workshop for adults of all ages who have one or more on-going health problems including asthma, arthritis, diabetes, depression, heart disease, pain and /or fatigue and others. The workshop focuses on helping you feel better, have more control, and do the things you want to do. Information will include relaxation techniques, effective communication with family and medical professionals, healthy eating and more! This class meets 2.5 hours a week for 6 weeks.

Tuesdays
May 9th – June 13th
9:00am – 11:30am
Kewaunee County Administration
Building (upper level)
810 Lincoln St., Kewaunee

Thursdays
June 29th – August 3rd
9:00am – 11:30am
Luxemburg (site to be determined)

Sip and Swipe

Sip and Swipe offers an easy, free and safe way to learn how to use a tablet (or smartphone). It is designed for those who have never touched a tablet before, or have minimal experience! Sip and Swipe offers the basics of using tablets, searching the internet, getting an email account and more! Increase your confidence as you learn at your own pace, with support from your coach. Each Sip and Swipe workshop consists of two-2 hour sessions.

Kewaunee County ADRC Class:
February 15th and 20th
from 9:30am- 11:30am

For more information or to register,
please call 877-416-7083

Tablets available for use during class or for rent through the ADRC.



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EXTENSION KEWAUNEE COUNTY
625 Third Street
Luxemburg WI 54217

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Tus Tswv Hauj Lwm Ntawm (EEO/AA), ntawm lub Tsev Kawm Ntawv Qib Siab (University of Wisconsin-Madison Division of Extension) pab rau kev neaj ncees txog kev hauj lwv thab kev pab cuam, xws li nyob rau hauv Title VI, Title IX, thiab ntawm tsab cai Americans with Disabilities Act (ADA) yuav tsum kom muaj thiab Feem 504 ntawm the Txoj Cai Kev Pab Rov Tsim Kho Uas Tau Tsev Tsej.