

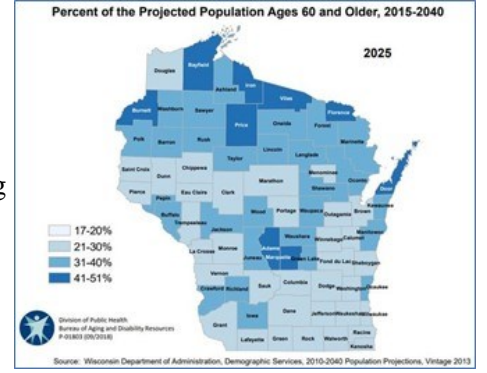


UW-Madison Division of Extension * Renee Koenig, Human Development and Relationships Educator
920-388-7137 * renee.koenig@wisc.edu



Healthy Living Classes

The Healthy Living Classes meet weekly in three different locations. The classes cover broad topics for holistic wellbeing. Examples of lessons include Financial Wellness, Planning Before Death, Getting Involved in the Community, Improving Your Relationships, Living Longer & Healthier, Nutrition, Exercise, Preventing Falls, Managing Medication, Better Sleep, Environmental/Nature Immersion, and Intergenerational Connections. These classes are important in our county as more than 30% of the population is projected to be over age 60 by 2025. Contact Renee Koenig at 920-388-7137 for details.



The Strong Couples Project

- ✓ **Participate in a 6-session online program scientifically shown to strengthen relationships**
- ✓ **Video calls with trained coach to help maximize program impact**
- ✓ **No cost to enroll and chance to win \$25 Amazon gift card for completing program surveys**

To learn more and enroll, please visit parenting.extension.wisc.edu and click 'Healthy Relationships'



Having a strong relationship with your romantic partner can be hard. And when you need help, finding trustworthy support can be equally difficult.

The Strong Couples Program includes:

- Six online sessions. Backed by research. Go at your own pace. Session topics include communication, commitment, problem-solving, and fun and friendship.
- Five video calls with a UW-Madison Extension educator.

This program is free!

The Strong Couples Project is led by the University of Illinois at Urbana Champaign and the University of Illinois Extension. The University of Wisconsin-Madison Extension is a participating partner.

Aging-Friendly Mastery Makers Videos

The Aging-Friendly Kewaunee County coalition has been meeting to address the needs of our older population. One of our key objectives is to reduce loneliness and its negative impact on health by promoting volunteer work and social activities. We created short videos that highlight the Mastery Makers who are over age 60 and making a positive influence in our county. View the videos here: <https://kewaunee.extension.wisc.edu/families-finances-wellness/mastery-makers/>



Families and Screens Workshop

The Families and Screens Workshop is one in a series of parenting classes offered. This class aims to decrease stress and arguments about screens and technology between family members. Participants learn how to identify their family values around screens and make a family media plan. The class is ideal for parents of 5-12 year olds.

Register now for Raising Wisconsin's Children! This free, virtual, day-long event is for dads, moms, grandparents, teachers, and other people caring for kids. Learn more and register here: <https://go.wisc.edu/rwc2024>



RESILIENT CO-PARENTING

A series of topic-specific classes for parents or caregivers raising children together while living apart.
Offered the 1st Thursday of each month via Zoom.

January 4th, 7:00-8:00 pm
Families Fighting Fair

The way you manage conflicts with your co-parent greatly impacts your children. Learn skills for positive conflict management, compromise, reframing and active listening.

Scan to register!

Extension UNIVERSITY OF WISCONSIN-MADISON
Human Development & Relationships Institute

Join us on January 4th for a FREE educational session aimed at helping you navigate the sometimes rough waters faced by families with children in more than one household!

Aging-Friendly Kewaunee County

We want to hear from you!

Please join us and help make Kewaunee County an Aging-Friendly place to live. Our group meets monthly. We discuss ideas and plan strategies to help our neighbors stay healthy and active in our county.

Contact Renee Koenig at 920-388-7137 or renee.koenig@wisc.edu for details.