



Mastery Makers

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.

Watch the videos here:

<https://kewaunee.extension.wisc.edu/families-finance-wellness/mastery-makers/>

Powerful Tools FOR Caregivers



Tuesdays, Sept 24 - Oct 29, 2024
2:00 pm - 3:30 pm

Virtual Only -
via Microsoft Teams

Wednesdays, Oct 23 - Nov 27, 2024
9:00 am - 10:30 am

Kewaunee Co. Exhibition Hall (4-H Room)
625 Third St., Luxemburg

A suggested \$10 contribution covers the cost of materials but is not required.

If respite for your loved one is needed during the workshop, please contact the Family Caregiving Program Specialist

**IF YOU ARE HELPING
A FRIEND OR
FAMILY MEMBER
WITH THEIR DAILY
NEEDS**

JOIN US

This workshop walks you through the twists and turns of the emotional challenges of being a caregiver, while providing excellent tips for improving your mental and physical health. Attendance to all six classes is highly recommended, as each class discusses a different topic.

BONUS:

All graduates are invited to our CAREGIVER SOCIAL every other month for presentations & snacks.

REGISTRATION IS REQUIRED, CALL 1-877-416-7083.
Workshop may be rescheduled if minimum number of participants is not met one week prior to start date.

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