



got you down?

JOIN US

for a chance to learn some coping techniques and meet others who are dealing with some of the same things!

WHO: Anyone

WHAT: Managing stress

Originally part of a class for caregivers, this one hour session will help anyone learn ways to deal with stress

WHEN: December 9th 9-10am

WHERE: The comfort of your own home via zoom

Presented by the



of Dodge and Jefferson Counties

Register Now!

**Call the ADRC
at 920-386-3580 to
register and get the link
to join us or instructions
for calling in**

