

Wisdom & Wellness Wednesdays

1

Importance of Vitamin D **Megan Kutz, MS, RDN**

Fort Atkinson Senior Center
920-397-9913
October 16, 2024
2 PM - 3 PM

2

Managing Chronic Disease **Erin Sterwald, BSN, RN & Sam Fuller, BSN, RN**

Jefferson Senior Center
920-674-7728
November 20, 2024
11 AM - 12 PM

3

Winter Fall Prevention **Bringa Johnson, DPT, OCS, GCS**

Lake Mills Senior Center
920-945-0156
December 18, 2024
11 AM - 12 PM

4

Exercise & Brain Health **BethAnn Nowak, APNP**

Whitewater Senior Center
262-473-0535
January 15, 2025
11 AM - 12 PM

**Open to the public! Sign up by calling the Senior
Center. Walk-ins available.**

**FOR QUESTIONS, PLEASE CALL COMMUNITY HEALTH &
WELLNESS AT (920) 568-5475.**