

Wisdom & Wellness Wednesdays

1

**Decoding Medicare: Your Stay, Your Meds,
and Your Messages**

Kaye Prieve and John Bartell, RN, CRCR

Fort Atkinson Senior Center

920-397-9913

June 18, 2025

2 PM - 3 PM

2

The Importance of Vitamin D

Megan Kutz, MS, RDN

Jefferson Senior Center

920-674-7728

July 16, 2025

2 PM - 2:30 PM

3

**Digital Defense: Protecting Yourself from
Modern Scams**

Justin Lecher

RLAC Senior Center

920-945-0156

August 27, 2025

11 AM - 12 PM

4

Nutrition Bingo

Tiffany Pernet, LPN

Whitewater Senior Center

262-473-0535

September 17, 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.**