

## **Online Workshops Open to All Wisconsin Residents**

### **Program: *Healthy Living with Diabetes***

Workshop ID#	Start Date	End Date	Time	Day	Registrar	Registrar Contact	Workshop Cost
LWD5846	2/16/2022	3/23/2022	9:00 AM - 11:00 AM	Wednesday	Vicky Jessen	<a href="mailto:vajessen@gundersenhealth.org">vajessen@gundersenhealth.org</a> , 608-775-6870	\$30
LWD5863	5/9/2022	6/20/2022	12:00 PM - 2:00 PM	Monday	Vicky Jessen, Gundersen Health System	<a href="mailto:vajessen@gundersenhealth.org">vajessen@gundersenhealth.org</a> , 608-775-6870	\$30

### **Program: *Powerful Tools for Caregivers***

Workshop ID#	Start Date	End Date	Time	Day	Registrar	Registrar Contact	Workshop Cost
PC5836	1/12/2022	2/16/2022	3:00 PM - 4:45 PM	Wednesday	ADRC of Central Wisconsin	1-888-486-9545	\$0
*Residents from Langlade, Lincoln, Marathon and Wood counties will get priority.							
PC5843	1/24/2022	2/28/2022	1:30 PM - 3:00 PM	Monday	Becky Woodke	<a href="mailto:rebecca.woodke@co.trempealeau.wi.us">rebecca.woodke@co.trempealeau.wi.us</a> ,	\$0
*The above workshop is open to residents of Trempealeau and St. Croix counties.							

**Program: *Stepping On***

Workshop ID#	Start Date	End Date	Time	Day	Registrar	Registrar Contact	Workshop Cost
SO5833	2/1/2022	3/15/2022	10:00 AM - 12:00 PM	Tuesday	ADRC of Eau Claire County	<a href="mailto:deb.bruning@co.eau-claire.wi.us">deb.bruning@co.eau-claire.wi.us</a> , 715-839-7998	\$0
*The above workshop is open to residents of Eau Claire and Chippewa Counties only.							
SO5859	2/22/2022	4/12/2022	2:30 PM - 4:30 PM	Tuesday	Laura Armstrong	<a href="mailto:laura.armstrong@phci.org">laura.armstrong@phci.org</a> , 262-928-4059	\$0

**Program: *Healthy Living with Chronic Pain***

Workshop ID#	Start Date	End Date	Time	Day	Registrar	Registrar Contact	Workshop Cost
CP5842	1/10/2022	2/14/2022	10:30 AM - 1:00 PM	Monday	Vicky Jessen, Gundersen Health System	<a href="mailto:vajessen@gundersenhealth.org">vajessen@gundersenhealth.org</a> , 608-775-6870	30
CP5834	1/19/2022	2/23/2022	1:00 PM - 3:30 PM	Wednesday	Laura Armstrong	<a href="mailto:laura.armstrong@phci.org">laura.armstrong@phci.org</a> , 262-928-4059	0
CP5849	1/19/2022	2/23/2022	1:00 PM - 3:30 PM	Wednesday	Laura Armstrong	<a href="mailto:laura.armstrong@phci.org">laura.armstrong@phci.org</a> , 262-928-4059	0
CP5782	1/27/2022	3/3/2022	10:00 AM - 12:30 PM	Thursday	Deb Bruning	<a href="mailto:deb.bruning@co.eau-claire.wi.us">deb.bruning@co.eau-claire.wi.us</a> , 715-839-7998	0
*The above workshop will give priority to residents of Eau Claire and Chippewa counties							
CP5851	3/30/2022	5/4/2022	9:00 AM - 11:30 AM	Wednesday	Vicky Jessen, Gundersen Health System	<a href="mailto:vajessen@gundersenhealth.org">vajessen@gundersenhealth.org</a> , 608-775-6870	30

CP5864	7/11/2022	8/15/2022	10:30 AM - 1:00 PM	Monday	Vicky Jessen, Gundersen Health System	<a href="mailto:vajessen@gundersenhealth.org">vajessen@gundersenhealth.org</a> , 608-775-6870	30

**Program: *Living Well with Chronic Conditions***

Workshop ID#	Start Date	End Date	Time	Day	Registrar	Registrar Contact	Workshop Cost
LW5850	1/13/2022	2/17/2022	10:00 AM - 12:30PM	Thursday	Laura Armstrong	<a href="mailto:laura.armstrong@phci.org">laura.armstrong@phci.org</a> , 262-928-4059	0
LW5866	2/2/2022	3/16/2022	1:00 PM - 3:30 PM	Wednesday	Froedtert Health	1-800-272-3666	0
LW5852	2/4/2022	3/18/2022	9:30 AM - 12:00 PM	Fridays	Jennifer McAlister	<a href="mailto:jmcAlister@alz.org">jmcAlister@alz.org</a> , 1-800-272-3900	0
LW5858	4/13/2022	5/25/2022	1:00 PM - 3:30 PM	Monday	Jennifer McAlister	<a href="mailto:jmcAlister@alz.org">jmcAlister@alz.org</a> , 1-800-272-3900	0

**Program: *Mind Over Matter***

Workshop ID#	Start Date	End Date	Time	Day	Registrar	Registrar Contact	Workshop Cost
MOM5835	2/14/2022	3/14/2022	1:30 PM - 3:30 PM	Monday	ADRC of Eau Claire County	<a href="mailto:deb.bruning@co.eau-claire.wi.us">deb.bruning@co.eau-claire.wi.us</a> , 715-839-7998	\$0





