

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
LWD5561	11/1/2021	12/6/2021	10:30 AM - 1:00 PM	Monday	Shayna Schertz	wellness@gundersenhealth.org , 608-775-6870	\$30
LWD5799	12/2/2021	1/6/2022	10:00 AM - 12:30 PM	Thursday	Laura Armstrong	Laura.armstrong@phci.org , 262-928-4059	\$0

Program: *Powerful Tools for Caregivers*

Workshop ID#	Start Date	End Date	Time	Day	Registrar	Registrar Contact	Workshop Cost
PC5738	10/5/2021	11/9/2021	1:00 PM - 3:00 PM	Tuesday	Amie Rein	amrein@vilascountywi.gov , (715) 479-3625	\$0
PC5743	10/7/2021	11/11/2021	10:00 AM - 11:45 AM	Thursday	Scott Seeger	scott.seeger@adrc-cw.org , (715) 261-6066	\$0
PC5755	11/3/2021	12/8/2021	11:00 AM - 12:30 PM	Wednesday	Laura Armstrong	laura.armstrong@phci.org , 262-928-4059	\$0
PC5490	10/13/2021	11/17/2021	5:30 PM - 7:30 PM	Wednesday	Lisa Koenen	lisa.koenen@kenoshacounty.org , 262-605-6646	\$0

Program: Stepping On

Workshop ID#	Start Date	End Date	Time	Day	Registrar	Registrar Contact	Workshop Cost
SO5796	12/13/2021	1/31/2022	2:00 PM - 4:00 PM	Monday	Laura Armstrong	laura.armstrong@phci.org , 262-928-4059	\$0

Program: Healthy Living with Chronic Pain

Workshop ID#	Start Date	End Date	Time	Day	Registrar	Registrar Contact	Workshop Cost
CP5760	10/11/2021	11/15/2021	1:30 PM - 4:00 PM	Monday	Laura Armstrong	laura.armstrong@phci.org , 262-928-4059	\$0
CP5782	1/27/2022	3/3/2022	10:00 AM - 12:30 PM	Thursday	Deb Bruning	deb.bruning@co.eau-claire.wi.us , 715-839-7998	\$0 - *Chippewa and Eau Claire counties have priority

Program: Living Well with Chronic Conditions

Workshop ID#	Start Date	End Date	Time	Day	Registrar	Registrar Contact	Workshop Cost
LW5628	10/5/2021	11/9/2021	1:00 PM - 3:30 PM	Tuesday	Deb Bruning	deb.bruning@co.eau-claire.wi.us , 715-839-7998	\$0 - *Chippewa and Eau Claire counties have priority

Program: Stand Up & Move More

Workshop ID#	Start Date	End Date	Time	Day	Registrar	Registrar Contact	Workshop Cost
SUP5766	10/21/2021	12/9/2021	10:00 AM - 12:00 PM	Thursday	Shelley Steingraeber	ssteingrae@co.oneida.wi.us , 715-369-6170	\$0
SUP5651	10/28/2021	11/18/2021	10:00 AM - 12:00 PM	Thursday	Deb Bruning	deb.bruning@co.eau-claire.wi.us , (715) 839-7998	\$0 - *Chippewa and Eau Claire counties have priority

Program: Mind Over Matter

Workshop ID#	Start Date	End Date	Time	Day	Registrar	Registrar Contact	Workshop Cost
MOM5648	10/4/2021	10/25/2021	1:00 PM - 3:00 PM	Monday	Jill Mchone	jill.mchone@fitchburgwi.gov	\$0
MOM5767	10/18/2021	11/15/2021	1:30 PM - 3:30 PM	Monday	Jill McHone	jill.mchone@fitchburgwi.gov , 608-270-4290	\$15

Online Workshops Open to Multiple Counties/Tribes

Program Name	Workshop ID#	Start Date	End Date	Time	Open to Residents of the Following Counties	Registrar	Workshop Cost
SO5771	10/21/2021	12/9/2021	1:00 PM - 3:00 PM	Thursday	Lincoln, Langlade, Marathon and Wood	Jennifer Clark - Jennifer.Clark@adrc-cw.org , 715-261-6064	0



