

Dane County Healthy Aging Workshops 2020

Class	Date	Day & Fee*	Location	Time	Registrar
Healthy Living with Diabetes	February 4 – March 17	Tuesday \$20	Stoughton Hospital: 900 Ridge Street, Stoughton, WI 53589	2:00pm-4:30pm	Sonja Goldbeck 608-873-2356 SGoldbeck@stohosp.com
Healthy Living with Diabetes	March 2 – April 6	Monday \$20	Bridge-Lakepoint-Waunona Community Center: 1917 Lakepoint Dr, Madison, WI 53713	2:00pm – 4:30pm	Amy Stoddard 608-441-9661 amy@blwcenter.org
Powerful Tools for Caregivers	March 3 – April 14	Tuesday \$30	ED Locke Public Library: 5920 Milwaukee St, McFarland, WI 53558	1:00pm – 2:30pm	Sara Sprang 608-838-7117 sara.sprang@mcfarland.wi.us
Powerful Tools for Caregivers	March 5 – April 9	Thursday \$25	Oregon Senior Center: 219 Park Street, Oregon, WI 53575	1:00pm – 3:30pm	Anne Stone 608-835-8501 astone@vil.oregon.wi.us
Physical Activity for Lifelong Success	March 9 – May 15	M, W, F \$0	Stoughton Area Senior Center: 248 W Main St Yahara Room, Stoughton, WI 53589	2:00pm – 3:00pm (F: 2:00 – 3:45pm)	Hollee Camacho 608-873-8585 hcamacho@ci.stoughton.wi.us
Physical Activity for Lifelong Success	March 9 – May 18	M, T, R \$0	Madison Senior Center: 330 West Mifflin Street, Madison, WI 53703	9:30am – 10:30am (T: 9:30 – 11:15am)	Laura Hunt 608-267-8650 lhunt@cityofmadison.com
Stepping On	March 30 – May 11	Monday \$35	Unitypoint Health Meriter Monona – 2nd floor conference Room A: 6408 Cops Ave, Madison, WI 53716	9:30am – 11:30am	Jennifer Wallskog 608-417-8262 Jennifer.wallskog@unitypoint.org
Healthy Living with Chronic Pain	April 7 – May 12	Tuesday \$25	Stoughton Area Senior Center: 248 W Main St Mandt Room, Stoughton, WI 53589	1:00pm – 3:30pm	Hollee Camacho 608-873-8585 hcamacho@ci.stoughton.wi.us
Stepping On	April 9 – May 28	Thursday \$35	Temple Beth El: 2702 Arbor Dr, Madison, WI 53711	1:00pm – 3:00pm	Caren Minkoff 608-442-4082 cared@jssmadison.org
Mind Over Matter: Healthy Bowels; Healthy Bladder	April 14, April 28, May 12	Tuesday \$20	Middleton Senior Center: 7448 Hubbard Ave, Middleton, WI 53562	1:30pm-3:30pm	Ted Quincey 608-662-7685 tquincey@ci.middleton.wi.us

For more information contact Healthy Aging Coordinator Alyce Miller at 608-261-5678 or Miller.Alyce@countyofdane.com



*Scholarships may be available dependent on the workshop. Inquire when registering.



Dane County Healthy Aging Workshops 2020

Class	Date	Day & Fee*	Location	Time	Registrar
Mind Over Matter: Healthy Bowels; Healthy Bladder	April 17, May 1, May 15	Friday \$20	Warner Park Community Center: 1625 Northport Dr, Madison, WI 53704	1:00pm-3:00pm	Deenah Givens 608-512-0000 ext. 3002 deenahg@newbridgemadison.org
Living Well with Chronic Conditions	April 21 – May 26	Tuesday \$0	Madison Public Library - Sequoya: 4340 Tokay Blvd, Madison, WI 53711	1:00pm – 3:30pm	Deenah Givens deenahg@newbridgemadison.org 608-512-0000 ext. 3002
Healthy Living with Diabetes	May 12 – June 16	Tuesday \$20	Sunshine Place: 18 Rickel Rd, Sun Prairie, WI 53590	12:00pm-2:30pm	Joanna Cervantes 608-514-6210 director@sunshineplace.org
Healthy Living with Chronic Pain	June 1 – July 6	Monday \$25	Aging and Disability Resource Center, Room 108: 2865 N Sherman Ave, Madison, WI 53704	1:00pm-3:30pm	Howard Thomas 608-261-9930 Thomas.howard@countyofdane.com
Healthy Living with Diabetes	July 7 – August 11	Tuesday \$20	McFarland Municipal Center: 5915 Milwaukee St, McFarland, WI 53558	9:30am – 12:00pm	Sara Sprang 608-838-7117 sara.sprang@mcfarland.wi.us
Powerful Tools for Caregivers	July 9 – August 20 (does not meet 7/23)	Thursday \$30	Waunakee Senior Center: 333 S Madison St, Waunakee, WI 53597	1:00pm – 3:00pm	Diane Goldensoph 608-849-8548 dgoldensoph@waunakee.com
Healthy Living with Chronic Pain	July 23 – August 27	Thursday \$0	Madison Public Library - Alicia Ashman: 733 N High Point Rd, Madison, WI 53717	9:30am – 12:00pm	Deenah Givens deenahg@newbridgemadison.org 608-512-0000 ext. 3002
Mind Over Matter: Healthy Bowels; Healthy Bladder	October 1, October 15, October 29	Thursday \$20	Waunakee Senior Center: 333 S Madison St., Waunakee, WI 53597	1:00pm-3:00pm	Diane Goldensoph 608-849-8548 dgoldensoph@waunakee.com

For more information contact Healthy Aging Coordinator Alyce Miller at 608-261-5678 or Miller.Alyce@countyofdane.com

*Scholarships may be available dependent on the workshop. Inquire when registering.

