

Answers to common concerns:

What is the cost to attend a workshop?

The cost is \$10, however if you cannot afford it scholarships are available.

What if I need a ride to the workshop?

There are several transportation options available with different costs.

I can't leave my loved one alone...

There are several resources available to help with care while you attend a workshop.

For other concerns, more information, or to register for an upcoming workshop...

Call Trisha Bailkey, 715-537-6225 or by email: trisha.bailkey@co.barron.wi.us

Barron

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Barron, WI 54868
Ph: (715) 537-6225
adrc@co.barron.wi.us

Ladysmith

311 Miner Ave. E
Ladysmith, WI 54848
Ph: (715) 532-2176
adrc@ruskcountywi.us

Spooner

850 W. Beaverbrook Ave. Suite 4
Spooner, WI 54801
Ph: (715) 635-4460



Barron, Rusk & Washburn Counties



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**Healthy Living
Workshops
Barron County
March - June 2014**



1-888-538-3031

~Our health is what we make of it--
give it attention and it will blossom,
give it none and it will wither.

Call: 1-888-538-3031



Put Life Back Into Your Life! Live Well with Chronic Health Conditions

- ▶ For people with one or more long term health condition.
- ▶ Meets 2 1/2 hours a week for 6 weeks.
- ▶ Participants learn real-life skills for living a full, healthy life with a chronic condition.

Upcoming Workshops:

- ▶ **April 11th-May 16th**
Fridays, 9:30-Noon at The Marshfield Clinic in Rice Lake.
- ▶ **May 6th-June 10th**
Tuesdays, 5:00-7:30 pm at the public library in Rice Lake.



Stepping On: Building Confidence, Reducing Falls

- ▶ For people who have fallen or have a fear of falling.
- ▶ Meets 2 hours a week for 7 weeks.
- ▶ Participants learn ways to prevent falls, increase their strength and balance, and ways to make their home safe.

Upcoming Workshops:

- ▶ **March 3rd-April 14th**
Mondays, 12:30-2:30 pm at the Rice Lake Senior Center.
- ▶ **April 10th-May 22nd**
Thursdays, 10:00-Noon at the Barron County Government Center in Barron.
- ▶ **June 24th-August 5th**
Tuesdays, 9:00-11:00 am at Cumberland Senior Center.



Powerful Tools for Caregivers:

- ▶ Helps family caregivers take care of themselves while caring for a parent, spouse or friend—at home, in a facility or from a distance.
- ▶ Meets 2 hours a week for 6 weeks.
- ▶ Participants learn ways to reduce stress, help you relax, communicate better with others, and make tough decisions.

Upcoming Workshops:

- ▶ **April 15th-May 20th**
Tuesdays, 1:00-3:00 pm at the Barron County Government Center in Barron.

