

# Cup of Health Series 2023

**Location:** Menomonee Falls Senior Center-  
W152 N8645 Margaret Road, Menomonee Falls, WI 53051  
262-255-8469

**Time:** 10:00 am

**Topics covered/dates:**

Coping with Stress Through Journaling- 2/28

Advance Care Planning- 4/25

Nutrition -6/27

Self Care- 8/22

Bone Health- 10/24

**Location:** Elm Grove Public Library- 13600 Juneau Boulevard, Elm Grove, WI 53122

**Time:** 1:30 pm

**Topics covered/dates:**

Coping with Stress Through Journaling- 3/28

Advance Care Planning-5/23

Nutrition- 7/25

Self Care- 9/26

Bone Health-11/28

**Advanced registration appreciated, visit library website or call 262-782-6717**

**Location:** Muskego Public Library- S73W16663 W Janesville Road, Muskego, WI 53150

**Time:** 9:30 am

**Topics covered/dates:**

Coping with Stress Through Journaling-3/23

Advance Care Planning-5/25

Nutrition-7/27

Self Care-9/28,

Bone Health-11/30

**Advanced registration required, call 262-971-2100**

**Location:** Hampton Regency Apartments- 12999 W. Hampton Avenue, Butler, WI 53007

**Time:** 10:00

**Topics covered/dates:**

Advance Care Planning-4/24

Nutrition-6/26

Self Care-8/2/

Coping w/ Stress Through Journaling- 9/25

Bone Health- 10/23