



The Joy of Caregiving

An uplifting series for family caregivers



The Aging and Disability Resource Center (ADRC) of Waukesha County, in partnership with the Caregiver Coalition of Waukesha County, presents a **FREE** monthly speakers' series for caregivers. Sessions will be held at different locations throughout the county. Each session will take place from 9:30am – 11:30am. **Pre-registration is highly encouraged** as seating may be limited.

With advance notice, off-site respite care may also be available for your loved one. Please mention the need for respite care at the time of registration. Please register no later than one week prior to each event to reserve a seat. **To register to attend and to request respite, please contact the ADRC 262-548-7848.**

This session intended for caregivers only



Tuesday, April 4th, 2017 at Three Pillars Senior Community, 375 State Rd. 67, Dousman, WI 53118

Sr. Marianne Muscott from the St. Ann Center for Intergenerational Care presents "Time to Reflect on the Joy, Gift, and Challenge of Caregiving".

This session intended for caregivers only



Tuesday, May 2nd, 2017 at Dickson Hollow Senior Living, W156N4881 Pilgrim Road, Menomonee Falls, WI 53051

Beth Boeck from The Healing Space on Main in Menomonee Falls presents "Laughter Yoga", helping you to increase your energy and overall well-being, while decreasing depression and stress.

This session intended for caregivers and their care recipients



Tuesday, June 6th, 2017 at Elmbrook Church, 777 S. Barker Road, Brookfield, WI 53045

Dawn Kocaja, Accessibility Coordinator from the Milwaukee Public Museum. Topic to be announced soon!

The ADRC of Waukesha County extends its gratitude to our Caregiver Coalition community partners for helping to make this series possible!

