

EXTENSION WELLNESS SERIES

Classes are held virtually on Tuesdays from 10:00-11:00am

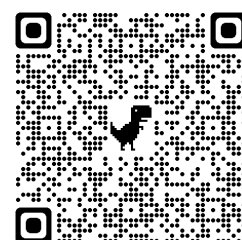
Class Topics: 1st Tuesday: **Financial**; 2nd Tuesday: **FoodWise**; 3rd Tuesday: **Gardening**; 4th Tuesday: **Mental Health**

JANUARY	FEBRUARY	MARCH
<p>4: New Year Financial Goal Setting</p> <p>11: New Year's Resolutions</p> <p>18: Intro to Gardening: Session 1</p> <p>25: Emotional Awareness</p>	<p>1: Credit Report Versus Credit Score: What's the Difference?</p> <p>8: Eating Healthy on a Budget</p> <p>22: Intro to Gardening: Session 2</p>	<p>1: Credit Scores: Learn the Basics and How to Improve Them</p> <p>8: What's on a Healthy Plate?</p> <p>15: Intro to Gardening: Session 3</p> <p>22: Everyday Mindfulness in Everyday Life</p>
APRIL	MAY	JUNE
<p>5: Buried in Old Papers? Get Organized and Learn What to Keep and Toss</p> <p>12: Low Cost and Tasty Whole Grains</p> <p>19: Intro to Gardening: Session 4</p> <p>26: Self Compassion and Acts of Kindness</p>	<p>3: Cutting Back & Keeping Up When Money is Tight</p> <p>10: Super Snacks</p> <p>17: Intro to Gardening: Session 5</p> <p>24: Personal Strengths and Attainable Goals</p>	<p>7: Make A Spending Plan</p> <p>14: What's in Your Drink?</p> <p>21: Intro to Gardening: Session 6</p> <p>28: What Brings You Joy?</p>
JULY	AUGUST	SEPTEMBER
<p>5: Rent Smart: Protect Yourself, Tenant Rights</p> <p>12: Smart Shopping for Fruits & Vegetables</p> <p>19: Intro to Gardening: Session 7</p>	<p>2: Family \$ Meetings: Let's Talk</p> <p>9: Smart Shopping for Fruits & Vegetables</p> <p>16: Intro to Gardening: Session 8</p> <p>23: Journaling Your Way to a Better You</p>	<p>6: Cutting Back on Energy Costs and Finding Ways to Save</p> <p>13: Dairy for Strong Muscles & Bones</p> <p>20: Intro to Gardening: Session 9</p> <p>27: Develop Healthier Habits to a Healthier You</p>
OCTOBER	NOVEMBER	DECEMBER
<p>4: Identity Theft—What to Look For</p> <p>11: Meal Planning</p> <p>18: Intro to Gardening: Session 10</p> <p>25: Take Better Care of ALL Aspects of Your Health - Body, Mind, and Spirit</p>	<p>1: Holidays on a Budget: Tips for Holiday Spending</p> <p>8: Fun & Simple Meal Ideas</p> <p>15: Intro to Gardening: Session 11</p> <p>22: Respond Versus React to Life's Stressors</p>	<p>6: Tips to Increase Your Savings</p> <p>13: Healthy Holidays</p> <p>20: Intro to Gardening: Session 12</p>

EVERY class you attend gives you an entry into the monthly drawing.

SPACE IS LIMITED AND REGISTRATION IS REQUIRED BY 4:00 P.M. THE DAY PRIOR TO EACH CLASS.

REGISTER BY CALLING 715-421-8437, ONLINE AT: [HTTPS://BIT.LY/EWS2022](https://bit.ly/EWS2022) OR SCAN:



An EEO/AA employer, UW-Madison, Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. In certain situations, information related to requests may be shared with staff or units necessary to help coordinate an appropriate accommodation. To request an interpreter for this event, please contact Wendy Young at 715-421-8437 or familyliving@co.wood.wi.us for assistance.

FoodWise education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Madison, Division of Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715-421-8600 or go to <http://access.wisconsin.gov>. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made.



UW-MADISON EXTENSION