Wise Wisconsin
A LIFE SPAN PROGRAM VIRTUAL LEARNING SERIES

One-hour sessions on Wednesdays at 9am
February 2nd - March 9th, 2022 via zoom
Registration here: https://go.wisc.edu/5u4ez3

February
2nd - Old at Heart: Reframing the way we think and talk about growing older
9th - Compassion Resilience
16th - Advanced Directives? What are those?
23rd - Jump Start your Energy!

March
2nd - The Retirement Transition
9th - Preparing for the Growing Season

**Registration is required. Links will be sent the week of each session to registered participants.**

Check out https://go.wisc.edu/i2165a for more details.

Email Sara Richie, Life Span Program Manager, at sara.richie@wisc.edu with any questions.