

Caring for the Caregiver

Thursday, May 19, 2022 ~ 8:30 a.m. - 12 p.m.
Ashwaubenon Community Center ~ 900 Anderson Dr.

Take time to catch your breath!

Join us for a morning of self-care! We'll start with a light breakfast. Afterwards, get ready to get moving and then listen to a wonderful presentation.



Dance for Joy with Empowerment Dance

Lisa Pritzl - 9:15 a.m.

This class provides a gentle approach to enjoy the benefits that dance provides. Many of the dances are performed seated as to create a safe environment for the dancers. From ballet to ballroom, dancers leave class empowered! No experience is necessary. Dress comfortably and come to have fun!




Unapologetically Human: Preparing for the Marathon of Lifetime Caregiving

Lola Dada-Olley - 10:30 a.m.

Often, caregiving is viewed through the lens of it simply being a season, but how can one mentally prepare oneself for lifetime caregiving in a way that reduces the feeling of being overwhelmed and highlights hope and opportunity?

This event is free and open to family and professional caregivers.

Registration is required. Register by 5/13.

 (920) 448-4300.


BROWN COUNTY CAREGIVER COALITION