

# Wellness Week



**Registration is required! Call to register at 920-448-4300.**

Explore and celebrate the 8 Dimensions of wellness—Emotional, Environmental, Intellectual, Occupational/Financial, Physical, Spiritual, and Social—with a week of engaging events. Enjoy expert-led presentations, free health screenings, and interactive experiences designed to support your whole self—body, mind, and community.



**Emotional Wellness:** Understanding your feelings, handling stress, and staying positive.



**Occupational Wellness:** Enjoying your work or school and feeling proud of what you do.



**Social Wellness:** Making friends, getting along with others, and feeling connected.



**Financial Wellness:** Managing money wisely, saving for the future, and feeling secure.



**Environmental Wellness:**

Keeping your surroundings clean, safe, and healthy; for you and the planet.



**Physical Wellness:** Taking care of your body with exercise, healthy food, sleep, and regular check-ups.



**Intellectual Wellness:** Learning new things, solving problems, and using your creativity.



**Spiritual Wellness:** Finding meaning in life, thinking about your values, and feeling peaceful inside.

# Wellness Week Events

## Tuesday, 1/27/26

-  **Dementia Experience (1 - 2 pm)**- Step into the shoes of someone living with dementia in this immersive session led by Heather Flick, MS. Gain empathy, insight, and understanding.
-  **Dental Screenings (9 - 11 am or 1 - 3 pm)**- Attend a brief presentation followed by a free dental screening from NWTC Dental Hygienist Students. Two sessions available.

## Wednesday, 1/28/26

-  **Brain Check- Ups (9 am - 2 pm)**- A brief wellness screening by ADRC Specialists to identify changes in memory and thinking, followed by a discussion of results.
-  **Balance Screenings (9 - 11 am)**- Check your stability and reduce fall risk with a 15-minute screening by Liz Lenzner, PT & Diane Danhieux, PTA from Aurora BayCare.
-  **Common Scams & Fraud Targeting Seniors (12 - 1 pm)**- Protect yourself from scams. Jeff Kersten shares practical tips to spot fraud and safeguard your finances.
-  **Is That Really Recyclable? (2 - 3 pm)**- Join Mark Walter to demystify recycling. Learn what truly belongs in the bin—and what doesn't—to help protect our planet.

## Thursday, 1/29/26

-  **Hearing Screenings (9 am - 1 pm)**- Quick 10-minute hearing checks with Tim Marciniak from HearingLife. Early detection makes a big difference.
-  **Skin Cancer Screenings (10 am - 12 pm)**- Ashley Huntley, PA-C from Prevea Health offers 10-minute skin checks to help catch potential issues early.
-  **Blood Pressure Screenings (11 am - 1 pm)**- Stop by for a free blood pressure check—no appointment needed. Provided by Emplify Health by Bellin.
-  **The Art of Inner Alignment (3 - 4 pm)**- Discover how aligning your mind, body, and emotions reduces stress and boosts clarity through simple tools and a guided visualization with Cristin Sullivan Metzler, Greater Green Bay YMCA
-  The ADRC offers weekly social classes in addition to the monthly programs. These programs include Rock Painting & Art, Tatting for Beginners, Woodcarvers, & more! Find more details on page 20 in the magazine!