

WOW

Workshops on Wellness

Promoting a Healthier Lifestyle in Waunakee

Sponsored by: Village Center of Waunakee and
Waunakee-Westport Lions Club

What is WOW?

The Waunakee Village Center and the Waunakee-Westport Lions Club are pleased to offer Workshops on Wellness. The WOW program consists of monthly presentations to help improve healthy living. The presentations will be based on a wide variety of topics and each presenter will share information and answer your questions. The WOW program will be offered at 7pm on the 2nd Thursday of every month

Join us for:

Younger Tomorrow: Exercise made fun.

Presenter: Dr. Kenneth Felz

Dr. Felz wants you to understand all aspects of your personal health. His goal is to build relationships founded on mutual respect and trust with all of his patients over time. Dr. Felz understands each patient is different and looks at each person as an individual

Presentation Overview

Year-round fitness lets us enjoy life to the fullest. Beyond weights, machines and health clubs, there are many activities that will allow us to get fit and stay fit. Join Meriter Internist Dr. Ken Felz for tips on how you can get moving safely and keep moving to enhance your health and quality life.

Price: Free

Date: June 13th, 2013

Time 7:00-8:00 pm

Location: Village Center

Contact Info:

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