

# W O W

# 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:

### **Tips for Staying Sharp at Any Age**

Presenter: Joy Schmidt

Joy Schmidt, has worked with the Alzheimer's & Dementia Alliance since January of 2013. Her background is in Social Work with a focus on Gerontology. She worked in nursing homes, memory care, and senior centers prior to coming to the Alliance.

### **Presentation Overview**

In this presentation, you will learn about how your brain works and the latest tips on improving brain health, whether you are 16, 60 or 96. In addition to some brain basics, this program features scientifically rooted nutritional and lifestyle advice, fun brain teasers and materials to take home for further exploration.

Price: Free

Date: August 8th, 2013

Time 7:00-8:00 pm

Location: Village Center

#### **Contact Info:**

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