



Registration Opens May 4th

MAY 27
STURGEON
BAY

WELLNESS. WISDOM. COMMUNITY. HEALTH & WELLNESS DAY

9:00AM-12:00PM

Sturgeon Bay Program Center

FREE
EVENT

*Registration Required.

MORNING CHECK-IN: 8:45AM

SESSIONS: 9:00AM-11:45AM • FREE LUNCH WILL FOLLOW

Join us for a full morning of fun and Health education

REGISTER FOR EACH SESSION BELOW WITH THE WELCOME CENTER.

SCREENINGS 7:30am-9:00am

SCREENINGS THAT REQUIRE A REGISTRATION

Screenings

- Skin Cancer Screening
- Memory Screening
- A1C Screening

NO REGISTRATION REQUIRED FOR THIS SCREENING:

- Blood Pressure Screening
- ADLS Driver Screening
- Gait and Balance

PRESENTATIONS

9:00 am Presentations / Exercise Class

- Yoga for Pain Relief
- Sleep Disorders
- Orthopedics

10:00 am Presentations / Exercise Class

- Silver Sneakers Classic
- Understanding & Supporting Brain Health
- M.IN.D Program

11:00 am Presentations / Exercise Class

- Zumba Gold
- Tick Borne Illness
- Fall Prevention



FREE
Lunch
included

Proudly Sponsored By:



Door County
Medical Center



Registration Opens May 4th

MAY 28
KANE
CENTER

WELLNESS. WISDOM. COMMUNITY. HEALTH & WELLNESS DAY

9:00AM-12:00PM

Jackie & Steve Kane Program Center

FREE
EVENT

*Registration Required

MORNING CHECK-IN: 8:45AM

SESSIONS: 9:00AM-11:45AM • FREE LUNCH WILL FOLLOW

Join us for a full morning of fun and Health education

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SCREENINGS – 7:30am-9:00am

SCREENINGS THAT REQUIRE REGISTRATION

Screening

- Skin Cancer Screening
- A1C Screening
- Memory Screening

NO REGISTRATION REQUIRED FOR THIS SCREENING:

- Blood Pressure Screening
- ADLS Driver Screening
- Balance

PRESENTATIONS

9:00 am Presentations / Exercise Class

- Silver & Fit
- Staying Active on your feet

10:00 am Presentations / Exercise Class

- Chair Yoga
- Understanding & Supportiing Brain Health

11:00 am Presentations / Exercise Class

- Dance Fit
- Tick Borne Illness



FREE
Lunch
included



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