



UW-MADISON DIVISION OF EXTENSION & ESSENTIA HEALTH - AMBERWING

# Highlights of Taking Care of You



Explore ways to take better care of yourself  
and manage stress in eight 45-minute Zoom sessions!



*amberwing*

CENTER FOR YOUTH & FAMILY WELL-BEING



Extension

UNIVERSITY OF WISCONSIN-MADISON

This **FREE** 8-session workshop is being held twice a week,  
Wednesdays AND Fridays, for 4 weeks from 12:15-1pm.

Feb 3<sup>rd</sup> & 5<sup>th</sup>, 10<sup>th</sup> & 12<sup>th</sup>, 17<sup>th</sup> & 19<sup>th</sup>, 24<sup>th</sup> & 26<sup>th</sup>.

**Space is limited – Pre-registration is Required!**

Register Here: <https://qrgo.page.link/p6BLb>

Questions? Contact Tracy Henegar: [tracy.henegar@wisc.edu](mailto:tracy.henegar@wisc.edu)  
or Lori Thrun: [lori.thrun@essentiahealth.org](mailto:lori.thrun@essentiahealth.org)

**Computer/Tablet/Smart Phone with audio/video capabilities REQUIRED!**