



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.

March 3rd & 5th, 10th & 12th, 17th & 19th, 24th & 26th.

Space is limited – Pre-registration is Required!

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

Questions? Contact Tracy Henegar: tracy.henegar@wisc.edu
or Lori Thrun: lori.thrun@essentiahealth.org

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