

Wise Wisconsin Spring Series



Extension
UNIVERSITY OF WISCONSIN-MADISON

Join us at 9am on Zoom! Registration required.

Please see details below.

April 7, 2021

Compassion

Divided. Disconnected. Tired. This last year has been a challenge and we sometimes have found ourselves critical of others or ourselves, angry at what is happening, or exhausted from all that we see we have to do or have not gotten done. Learn some skills and techniques of compassion resilience, for others as well as for ourselves as we learn how to connect to others, even if they are different, listen without breaking our boundaries or values, and giving ourselves the grace to be who we are.

April 14, 2021

Decluttering: What do I do with all my stuff?

We live with it, walk around it, we may have drawers, cupboards, garages, and basements filled with lots of stuff! Join us for this one hour "self-starter" to how to begin to deal with the stuff in our lives. We will talk about getting started with the process, looking at important documents, what to keep and what to shred. We will look at various ways to distribute the transfer of our non-titled property. One size does not fit all, but hopefully you will discover some ways to get started!

April 21, 2021

Developing Connection and Belonging through Family History

Whether you know all there is to know about your family history or you're just starting to consider digging in a little deeper, this session is for you! Join us while we learn tips and tricks to uncover meaningful family stories that help you feel more connected to your roots.

April 28, 2021

Gardening for Life

Learn tips and techniques for gardening with ease, protecting your joints, preventing injuries and to enhance your well being. Participants will learn about tools, techniques and plant selection which will allow them to garden throughout life, despite physical challenges whether you are young in age or just young at heart.

Join UW-Madison Division of Extension's Life Span program presents Wise Wisconsin Spring Series! These one-hour sessions will help you increase joy and satisfaction in your life, get you ready for Spring and help you connect with others. Registration is required. **To register, go to: <https://go.wisc.edu/jk800o>.** If you have any questions, please contact, Life Span Outreach Program Manager, Sara Richie at sara.richie@wisc.edu.