

# Be Healthy! Be Happy!

We hope you will join us for this series of fun and informative sessions!



Department of Family Medicine  
and Community Health  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

***All programs will be offered on Zoom Fridays beginning at 1pm and will be facilitated by a medical student from the UW School of Medicine and Public Health. Please call 270-4290 for registration. Phone and email address will be requested.***

## **3/5 Navigating Through Senior Housing Options**

Wondering what the difference between independent living, assisted living, in-home care, and skilled nursing homes are? What are considerations to think about when deciding between them? Come listen to the presentation by Sara Sigl, BSW, CSW and Community Relations Director at Waterford at Fitchburg who has experience helping seniors through this process. There will be time for Q&A as well. *No minimum number of attendees required.*

## **3/12 Laughter Yoga with Elizabeth Boeck**

Elizabeth Boeck is a certified Laughter Yoga trainer and has presented Laughter Yoga at one hundred different venues for the past 12 years. Beth's favorite thing about Laughter Yoga is that any body can participate no matter how old or young! Beth will share the basics of Laughter Yoga including all the benefits of the practice such as promoting lower blood pressure, decreased depression as well as a stronger respiratory system. Most people have a pleasant over all feeling of well being by the end of a session. She will also teach specific exercises that can be used with people of all ages. If ever there was a time when we need more laughter in our life, this is it!

*Please RSVP by **Monday 3/8***

*Minimum number of 5 registered required*

## **3/19 Advanced Directives with Elder Law Attorney**

Come learn about legal details of advanced directives with Mark Johnson, JD, an Elder Law Attorney at Johnson Teigen, LLC. located in Fitchburg. Mark will give a presentation and overview of advanced directives, including what the difference is between power of attorney vs living will vs Do Not Resuscitate (DNR) orders and more. This will be followed by Q&A time with Mark, so bring your questions!

*Please RSVP by **Monday 3/15***

*Minimum number of 5 registered required*