

# Wise Wisconsin

A LIFE SPAN PROGRAM VIRTUAL LEARNING SERIES

**One-hour sessions on Wednesdays at 9am  
February 2nd - March 9th, 2022 via zoom**

**Registration here: <https://go.wisc.edu/5u4ez3>**

## February

**2nd** - Old at Heart:  
Reframing the way we  
think and talk about  
growing older

**9th** - Compassion  
Resilience

**16th** - Advanced Directives?  
What are those?

**23rd** - Jump Start your  
Energy!

## March

**2nd** - The Retirement  
Transition

**9th** - Preparing for the  
Growing Season

\*\*Registration is  
required. Links will be  
sent the week of each  
session to registered  
participants.\*\*

**Check out <https://go.wisc.edu/i2165a> for more details.**



**Extension**

UNIVERSITY OF WISCONSIN-MADISON

**Email Sara Richie, Life Span  
Program Manager, at  
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questions.**