

Presented by the Milwaukee County DHHS Aging & Disabilities Services and AARP Wisconsin



WELLNESS SYMPOSIUM 2022



Connecting for a Healthier Community | August 4 | 8:30am-12pm

This event will focus on building connections and strengthening the network of agencies and individuals working towards better health for older adults.



With Keynote Speaker

Gina Green-Harris, MBA

Director, Wisconsin Alzheimer's Institute (WAI)
Regional Milwaukee Office

Attendees will be able to choose from the below breakout session topics with a local expert speaking on each of the following dimensions of wellness:

Social Wellness

Financial Wellness

Spiritual Wellness

Intellectual Wellness

Occupational Wellness

Register by August 1 for this no cost event at:

<https://bit.ly/MKEWellness2022>

***Location: Wilson Park Senior Center, 2601 W. Howard Ave., Milwaukee, WI 53221
A sit-down breakfast will be available from 8:30-9am.***



Breakout Session #1: 10:05-10:50am

Financial Wellness: Financially Fit @50+

Presenters: Amber Miller & Jim Piontek, AARP Wisconsin

Description: Would you like to help older adults learn smart money habits? Join us to gain knowledge on resources, tips & tricks to support our 50+ community with their personal money management.

Intellectual Wellness: Strategies for Brain Health

Presenter: Candice LeGros, Milwaukee County DHHS Aging & Disabilities Services

Description: Learn all about the modifiable risk factors that can reduce the risk of developing memory problems with age. Also learn about Wisconsin's Dementia Care Specialist Program and how this program is supporting Wisconsin's residents.

Spiritual Wellness: The Importance of Spiritual Well-Being in Later Life

Presenter: Robert Best, Clifden Court

Description: This presentation will explore the importance of spiritual well-being during the third age of life. We will discuss how spirituality contributes to improved health outcomes and an overall sense of wellness.

Breakout Session #2: 11:00-11:45am

Intellectual Wellness: Age Friendly Conversations - Communicating with Older Adults

Presenter: Julia Norton, Wisconsin Health Literacy

Description: This session will discuss effective communication with older adults and highlight changes that occur as we age, and strategies to enhance and ensure understanding when working with older adults.

Occupational Wellness: Employment & Volunteering

Presenters: Annette Dizinno, Goodwill Industries of SE WI and Beverly Arrowood, United Way of Greater Milwaukee and Waukesha County

Description: Whether it's gaining employment or volunteering, both can provide meaning and purpose to individuals. By attending this workshop, you will learn about career resources for the 50+ and the benefits of volunteering in the community.

Social Wellness: How Social Isolation & Loneliness Impact Your Health

Presenter: Kris Krasnowski, Wisconsin Institute for Healthy Aging (WIHA)

Description: In this session, we'll discuss the latest research on the prevalence, risk factors and health implications of social isolation and loneliness and will introduce you to a statewide movement to support older adults and people with disabilities who are lonely and socially isolate.