




UW–Madison Division of Extension’s Life Span program presents the Wise Wisconsin Winter Series. Connect with others from around the state as you learn how to increase joy and satisfaction in your life during these cold, snowy winter months. Grab a hot beverage and join us! For more in-depth description of the session, visit:


 <https://go.wisc.edu/b4z2s8>

Wise Wisconsin WINTER SERIES

February 3rd through March 10th, 2021

Wednesdays at 9:00 a.m. on Zoom

Register for the sessions you wish to attend at:

 <https://go.wisc.edu/8s973c>



Extension

UNIVERSITY OF WISCONSIN-MADISON

Cultivating Optimism

February 3, 2021

Optimism can help us meet challenges with a positive mindset even in challenging times!

Money by the Heart

February 24, 2021

Consider your values and emotions (and your partner’s) in setting and reaching financial goals.

Social Connections

February 10, 2021

Learn about yourself, those you love, and how to really connect with “your people.”

Retirement Refirement

March 3, 2021

Some people never retire. Think about this next phase of life as a refirement with new opportunities and purpose.

Finding your Joy

February 17, 2021

Rediscover the keys to happiness that will inspire you to find joy and build resiliency in your everyday living.

I’m Absolutely, Positively Aging!

March 10, 2021

Successful aging includes a healthy lifestyle, a positive attitude, valuing friendships, and so much more!



Contact Life Span Program Manager, Sara Richie at sara.richie@wisc.edu with questions or for special accommodations.