

WELLNESS PLUS CLASSES

THROUGH
WINNEBAGO COUNTY
PUBLIC HEALTH



Wellness Plus Classes are designed to help you age well, be active, manage chronic conditions, and prevent falls. Classes are researched, tested, and proven to help you self-manage your health. Wellness Plus Classes are offered throughout Winnebago County. Find a class nearby and get started today!

CLASSES INCLUDE:

Strong Bodies: This simple scripted program can improve bone density, balance, and strength for participants.

Tai Chi: This class uses basic, fluid movements to help improve balance, stability and mental health. Movements can be adapted for those with walkers or canes.

Stepping On: This prevention program is aimed at educating participants and building confidence to reduce and eliminate falls.

Mind Over Matter (M.O.M): A program designed to give women the tools and skills they need to take control of bladder and bowel leakage.

Bingocize®: Improve and maintain mobility and independence with this new program! Learn and use health information focused on falls reduction and improved nutrition while playing Bingo!

 Find class schedules at www.winnebagocountywi.gov/health

Contact Winnebago County Public Health for more information or to register:
920-232-3000 | health@winnebagocountywi.gov

