Wellness Plus

Evidenced Based Classes for 2020

Stepping On

Register by calling 920-232-3000

Menasha | City Hall Feb 25 – Apr 7, Tues, 1:30-3:30pm

Tai Chi

Register by calling 920-267-3520

Menasha | Smith Park | Apr 28 - June 16, Tues, 2-3pm

Strong Bodies

Register by calling 920-232-3000

Neenah | YMCA Neenah-Menasha| Jan 7 - Mar 26, Tues and Thurs, 10-11am

Oshkosh Sunnyview | Mar 9 - June 1, Mon and Thurs, 8:30-9:30am (No class May 25)

Menasha| Senior Center| Mar 3 - May 21, Tues and Thurs, 4:45-5:45pm

Healthy Living with Diabetes

Register by calling Menasha Health Dept 920-267-3520

Menasha | City Hall | Oct 13 - Nov 17, Tues, 1-3:30pm

Healthy Living with Chronic Pain

Register by calling 920-232-3000

Oshkosh | Carmel Exercise Room| Feb 18 -Mar 24, Tues, 9:45am-12:15pm

Neenah| YMCA Keller Room| March 18 - Apr 22, Wed, 2-4:30pm

Powerful Tools for Caregivers

Register by calling 920-236-1227 or rgroleau@co.winnebago.wi.us

Oshkosh| Public Library| Apr 16 - May 21, Thurs, 4-5:30pm

To view classes online, go to: WWW.WINNEBAGOPUBLICHEALTH.ORG *Search "Classes" in the upper right-hand search bar on the website*