

Winter 2025 Wellness Programming

Leelanau County Senior Services & ShareCare of Leelanau

JANUARY

WEDNESDAY, 22 - Pelvic Health Throughout the Lifespan

12:30pm - 2:00pm

at 10616 E Pickwick Ct, Traverse City

Join us for a free, informative workshop designed for caregivers and individuals of all ages, focusing on pelvic health and pelvic floor issues. This engaging session will offer practical tips and valuable education about the pelvic region, addressing common concerns and promoting overall well-being. Dr. Erica O'Neal.

TUESDAY, 28 - ShareCare Memory Cafe

Sponsored by grants from Cherryland Cares, The Oleson Foundation, Michigan Health Endowment Fund and Grant Traverse Regional Community Foundation.

12:30pm - 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

Sharecare's Memory Cafe is a welcoming social gathering for people living with memory loss and their family members, friends, neighbors, and caregivers. Our hope is to offer an inviting social setting where people living with dementia and their care partners can connect with other community members and enjoy time together.

FEBRUARY

End of Life Planning Series

WEDNESDAY, 12 - Part 1: Gathering Affairs & Advanced Directives

12:00pm - 1:30pm

at ShareCare, 99 Fourth St., Suttons Bay

Wellness Program With Elizabeth Bradfield, Hospice Care Consultant with Heartland Hospice. In this 3 part series, your questions and concerns related to end-of-life planning will be welcome and addressed. Elizabeth takes a heartfelt approach to covering these topics by targeting preparation concepts in an individualized way.

TUESDAY, 25 - ShareCare Memory Cafe

Sponsored by grants from Cherryland Cares, The Oleson Foundation, Michigan Health Endowment Fund and Grant Traverse Regional Community Foundation.

12:30pm - 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

MARCH

End of Life Planning Series

WEDNESDAY, 12 - Part 2: Obituary Writing & Pre-Planning Your Funeral

12:00pm - 1:30pm

at ShareCare, 99 Fourth St., Suttons Bay
Elizabeth Bradfield, Hospice Care Consultant with Heartland Hospice.

TUESDAY, 25 - ShareCare Memory Cafe

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12:30pm - 2:00pm

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APRIL

End of Life Planning Series

WEDNESDAY, 9 - Part 3: Dealing with Dementia & Intro to Hospice

12:00pm - 1:30pm

at ShareCare, 99 Fourth St., Suttons Bay with certified instructor Joan D'Argo

Elizabeth Bradfield, Hospice Care Consultant with Heartland Hospice.

TUESDAY, 22 - ShareCare Memory Cafe

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12:30pm - 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

To sign up, contact Erin, ShareCare of Leelanau
231-256-0221 ext. 305 All programs are free of charge. Call today! Class space is limited.

Leelanau County
Senior Services

sharecareleelanau.org

ShareCare

*** Introduction to Qigong has been rescheduled ***

January 16, 2024 12:30 - 1:30 p.m.***