

WHY CHOOSE ADRC?

We're taking our message on the road. We'll come to you - even virtually!

Have ADRC present to your group, organization, or business. We're your local source for unbiased, comprehensive information and resources.

ADRC Presents was developed to meet older adults, adults with disabilities, and their caregivers where they live, socialize, and work. We are here to help the people we serve live their best possible life.

We have presentations on a wide range of topics designed to meet the needs of your members and staff. Depending on the topic, presentations are fun and interactive, many with audience participation.

Get started with one of our preset topics or give us a call to create a custom presentation catered to meet your needs!

Ask About Lunch!

Ask about how you can pair a delicious lunch with the presentation of your choice!



CONNECT WITH US

Aging & Disability Resource Center of Brown County



300 S. Adams St.
Green Bay, WI 54301



Monday - Friday
8 a.m. - 4:30 p.m.



(920) 448-4300
TTY: WI Relay 771



adrcofbrowncounty.org
bc.adrc@browncountywi.gov

Find us online:  

ADRC Presents:

FREE EDUCATIONAL SESSIONS



ADRC Presents is a traveling program of ADRC of Brown County. We bring our information and resources to you!



TOPICS FOR EVERYONE

We cover a large range of topics: family caregiving, public benefits, fall prevention, and so much more. Most presentations are offered as 15, 30, or 60-minute lengths. Give us a call to get your presentation booked today!

KEEPING YOU INFORMED

- Everything ADRC
- Isolation & Loneliness
- Planning for the Future - Weigh Your Options!
- Transition - A New Beginning

NAVIGATING MEDICARE

- Destination Medicare - ABCD's of Medicare
- Mapping Medicare - Medicare & Employer Sponsored Benefits
- Medicare Pit Stop
- Medicare Plan-Finder Demonstration

IN TOUCH WITH DEMENTIA

- Dementia Friends - Creating a Dementia Friendly Community
- Dementia Awareness - Education & Resources
- Purple Angels - Dementia Training for Businesses

NUTRITION NEWS

- Cooking on a Budget
- Jeopardy - Nutrition
- Nutrition for a Healthy Brain
- Healthy Snacking
- Staying Hydrated
- Immune Boosting Nutrition During Cold & Flu Season

CAREGIVER CORNER

- Caregiving - Finding Support & Well-Being
- Two Full Time Jobs
- Finding Balance Between Your Needs and Theirs
- Give Yourself a Timeout - Importance of Respite
- Self-Care for Caregivers
- Powerful Tools for Caregivers - Identify & Reduce Your Stress
- Caregiving for Aging Parents - Proactive Preparation
- Financial Planning for Caregivers - Cost of Care

STAY ACTIVE, STAY HEALTHY

- Healthy Living with Diabetes - Tips & Tools
- Feet First - Reducing Your Falls Risk
- Mindfulness - Less Stress, More Peace
- Brain Boosters - Sharpen That Tool
- Mind Over Matter - Reducing Incontinence for Women



VISIT US ONLINE!

LET'S DO LUNCH!

Looking to offer lunch during one of our presentations? We've got you covered!

To fill your attendee's bellies, we offer a couple different options:

1. Nutrition Program Meal

- Healthy, tasty, and complete meal
- Great for crowds that are predominantly older adults (60+)
- Offered for a voluntary contribution of \$5 for those 60 and older

2. Grounded Cafe

- Offers a diverse catering menu that can feed small and large crowds
- Can be packaged for indoor catering or enjoy the great outdoors and book the Grounded on the Go Food Truck!

