

Virtual Mug Club *for caregivers*

Self care is more than a catch phrase and it's more than important; it's critical. Taking time out for ourselves helps to prevent burnout, increases our good health, decreases symptoms of depression, and so much more. Besides, as a caregiver, I couldn't care for someone else as I do if I didn't take time out for taking care of myself.
~Gloria Kraegel



*Create Connections
Learn Together
Share Conversation
Offer Care and Support*

Sponsored by the Brown County Caregiver Coalition, the Mug Club is a monthly gathering for families, friends, partners, and other informal caregivers.


NEW TIME!

**2nd Wednesday of each month
6 - 7:00 PM
Virtual via WebEx**

Join by computer or phone!
Call: **1-415-655-0003**
Access Code: **161 715 6921**
Call-in Password: **MugClub2020**

Call Teri Bradford at (920) 448-4320 or email teri.bradford@browncountywi.gov if you are interested in joining!

ADRC, 300 S. Adams Street,
Green Bay, WI

 www.adrcofbrowncounty.org
facebook.com/adrcbrowncountywi

Reasonable accommodations will be made for disabilities. Please contact ADRC at (920) 448-4300 at least 5 business days in advance.


Aging & Disability Resource Center
of Brown County