

## ADRC Programs



7-week evidence-based falls prevention workshop proven to reduce falls by 30%.

Local experts in vision, medication, community safety, and physical therapy support and encourage you to find solutions to make your home safer and body stronger.



6-week evidence-based workshop designed to give family caregivers the resources and support to take care of themselves while caring for a loved one.



Contact Marina Wittmann at the ADRC to register for these workshops. (608)355-3289

### CONTACT US

Aging & Disability Resource Center  
505 Broadway  
Baraboo, WI 53913  
(608)355-3289



## Health Promotion Activities for Older Adults in Sauk County



"An Ounce of PREVENTION is worth a POUND of cure."  
- Benjamin Franklin

## Baraboo

### Baraboo Senior Center

124 2nd Street | (608)356-8464

- Chair Yoga, Aging Mastery Program

### Baraboo Parks & Recreation

124 2nd Street | (608)355-2760

- Get Movin', Senior Fitness Program, Water Aerobics
- Collaboration w/ Baraboo Senior Center: Tai Chi, walk with Ease, PALS (Physical Activity for Lifelong Success)

### Curves

614 Oak Street | (608)355-0100

- Strength & fitness circuit training, Yoga
- Accepts Silver & Fit, Silver Sneakers



### Erikaj Go Fitness, LLC

(608)477-0439

- Strong Bodies, Strong Women, Zumba Gold, Aqua Zumba, Personal Training
- Also available in other communities!

## Reedsburg

### Reedsburg Parks & Recreation

425 N. Webb Ave | (608)524-2600

- Water Aerobics, Aqua Zumba

### Swim Reedsburg

E6881 N. Dewey Ave | (608)524-4555

- Aqua Kicks, Chair Yoga, Zumba Gold, Fit Mind & Body, Light Weight, Cardio Fun; accepts Silver & Fit & Silver Sneakers

### Fry's Family Fitness

275 Southridge Blvd | (608)524-9870

- "Stretch, Balance, Coordination" class, weight, resistance, and cardio training

### Reedsburg Area Medical Center

2000 N. Dewey | (608)768-6243

- Diabetes Prevention Program
- Strong Women (Kristina, (608)415-3802)

## Spring Green

### Lexington Fitness

136 N. Lexington St | Cassy, (608)588-0189

[www.foreverfitonline.com](http://www.foreverfitonline.com)

- *ForeverFit! & GentleFit!; available online for gentle in-home workouts*

### Spring Green Yoga

242 N. Lexington St | Emily, (608)583-2209

[www.emilybenzyoga.com](http://www.emilybenzyoga.com)

## Sauk City/PDS

### Sauk Prairie Healthcare - Wellspring

90 Oak Street, PDS | (608)643-7572

- Full fitness center; water aerobics, arthritis water classes, strength & functional fitness, yoga, Tai Chi, personal training, health coaching
- Diabetes Prevention Program (643-7648), Nutrition Counseling (643-7238)

### Sauk Prairie Community Center

730 Monroe St, Sauk City | (608)643-8386

- Water Exercise, Pickleball

## Wisconsin Dells

### Dells Parks & Recreation

Abby | (608)254-4818

- Strong Bodies, Strong Bones, Pickleball, Line Dance Lessons

### Ho-Chunk Nation House of Wellness

S2845 White Eagle Rd, Baraboo | 355-5155

- Better Choices, Better Health workshop

## Locations Vary

### UW Extension - Sauk County

Amanda | (608)963-1040

- Strong Bodies