

EXTENSION CONNECTION

a newsletter to support your
health, home, and family life

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Fall 2024

SERVING ADAMS, GREEN LAKE,
MARQUETTE & WAUSHARA COUNTIES



**We want to hear from
you!**

**Please click on link or use
QR code to take this
brief survey.**

[Survey Link](#)



Extension
UNIVERSITY OF WISCONSIN-MADISON

Educational Articles



September- A Major Change & Reset Month

It makes sense that September brings to mind change, reset and thoughts of preparation. “Summer will end soon, and I need to get serious about... blank”, has been said by almost everyone before getting the knee jerk thought: “Nooooo!”.

Here's an intriguing tidbit: Recent research from Allianz (a leading provider of retirement solutions) quoted in Investment News, indicates that a lack of financial knowledge costs the average US household a staggering \$5,059 per year. Financial Awareness Day, observed annually on Aug. 14, promotes financial literacy and encourages individuals to take steps to improve their financial well-being.

September is a great time to reset and take control of your finances, whether you're looking at retirement or assessing your need for Medicare, a recent graduate just starting out, or a seasoned professional looking to improve your financial health. As a new season begins, it allows for time for reflection and planning that may be challenging during busier times of the year. While those thoughts of change are nudging you, and perhaps with more free time, now is the ideal moment to reassess your financial situation, make necessary adjustments, and set yourself on the right path for the remainder of the year.

What is a Financial Reset?

A Financial Reset is the process of taking control of your finances and improving your financial health. It involves evaluating your current financial situation, setting realistic financial goals, and creating an action plan to achieve them. It is a great way to start fresh and get your finances on track.

Need a financial reset? For a self-help plan, see UW-Madison Extension’s Money Matters resources: <https://finances.extension.wisc.edu/programs/money-matters/>

Jenice Mischler—Human Development & Relationship Educator, Green Lake County Extension

HELPFUL VS HARMFUL: WAYS TO MANAGE EMOTIONS

Negative emotions like fear, sadness, and anger are a basic part of life and sometimes we struggle with how to deal with them effectively. It can be tempting to act on what you're feeling right away, but that often doesn't fix the situation that caused the emotions. In fact, it may lead to more problems to deal with down the road.

Some of the harmful ways that people deal with negative emotions:



Denial

Denial is when a person refuses to accept that anything is wrong or that help may be needed. When people deny that they are having problematic feelings, those feelings can bottle-up to a point that a person ends up "exploding" or acting out in a harmful way.



Withdrawal

Withdrawal is when a person doesn't want to be around, or participate in activities with other people. This is different than wanting to be alone from time to time, and can be a warning sign of depression. Some people may withdraw because being around others takes too much energy, or they feel overwhelmed. Others may withdraw because they don't think other people like them or want them to be around. In some cases, people who have behaviors that they are ashamed of may withdraw so other people don't find out about what they are doing. But withdrawal brings its own problems: extreme loneliness, misunderstanding, anger, and distorted thinking. We need to interact with other people to keep us balanced.



Bullying

Bullying is when a person uses force, threats, or ridicule to show power over others. People typically take part in bullying behavior because they don't feel good about themselves and making someone else feel bad makes them feel better about themselves or feel less alone. It is harmful to both the bully and the person being bullied and does not address underlying issues.



Self-harm

Self-harm can take many forms including: cutting, starving one's self, bingeing and purging, or participating in dangerous behavior. Many people self-harm because they feel like it gives them control over emotional pain. While self-harming may bring temporary relief, these behaviors can become addictive and can lead people to be more out of control and in greater pain than ever.



Substance use

Substance use is the use of alcohol and other drugs to make a person feel better or numb about painful situations. Alcohol and drug use can damage the brain, making it need higher amounts of substances to get the same effect. This can make difficult feelings even worse and in some cases, leads to suicidal thoughts or addiction. If you are concerned about your own or someone else's use of drugs or alcohol, talk to a responsible adult right away to get help.

The good news is that with practice, everyone can do a better job of dealing with their negative emotions in healthy ways. One way to deal with uncomfortable or unpleasant emotions is to remember the word PATH. PATH stands for:

Pause

Acknowledge

Think

Help

Step 1: Pause.

This step is important because instead of acting on feelings right away, you stop yourself and think things through. Count to 100 or say the alphabet backwards.

Step 2: Acknowledge what you're feeling.

For example, are you mad at someone, or are you sad because your feelings were hurt by what they did? Whatever it is that you are feeling, it is ok to feel that way.

Step 3: Think.








Now that you have taken a few moments to figure out what exactly it is that you are feeling, think about how you can make yourself feel better.

Step 4: Help.




Take an action to help yourself based upon what you came up with in the "Think" step.

If you are having trouble thinking of ways to help yourself, try one (or a few) from this list:










Process Feelings

-  Draw how you're feeling.
-  Make a gratitude list.
-  Punch a pillow.
-  Scream.
-  Let yourself cry.
-  Rip paper into small pieces.
-  Vent. Venting is not the same as asking for help, it's taking an opportunity to share your feelings out loud. We do this naturally when we talk with someone we can trust about whatever is upsetting us. You can also vent by writing a letter to the person who upset you. Keep the letter a couple of days and then tear it up. Stick to pen and paper—using social media when you are highly emotional can be tempting, but you might say something you regret.

Acts of Kindness

-  Do something nice for someone you know.
-  Help a stranger.
-  Volunteer your time.

Relaxation Exercises

-  Practice belly breathing – put one hand on your stomach and start to inhale slowly. As you breathe in, imagine a balloon in your stomach filling up and continue to inhale until the balloon is very full. Put your other hand on your heart, feel your heartbeat, and hold your breath for 5 seconds. Now let your breath out slowly for 10 seconds – feel your belly flatten like a deflating balloon. Repeat this process 4 or 5 times and you should notice your heart beat slow down and your muscles relax.
-  Try progressive muscle relaxation – clench your toes for a count of 5, then relax them for a count of 5, then move to your calves, then your thighs, then your abs, then your arms, then your neck.
-  Play with Play Doh.
-  Go for a walk – feel the ground under your feet and the air on your skin. Focus on your senses.
-  Find a guided meditation on YouTube.
-  Do yoga – you can find videos on demand using your tv or online.
-  Read a book.
-  Listen to music, a podcast, or an audiobook.
-  Unplug – turn off your phone, tablet, and/or computer for an hour or so.

Problem Solving

☑ Make a list of solutions to problems – it can help to brainstorm with a friend or family member.

👤 Make a list of your strengths. Remember there are plenty of things about you that are awesome, no matter how down you are feeling at the moment.

💬 If a person has upset you, talk with them directly. Fill in the blanks to this sentence – “I feel _____ when _____ happens because _____.” Next time, could you please _____.”

Example: “I feel left out when there is no room at the lunch table, because then I don’t have friends to talk to. Next time can you please save me a seat?”

Mood Boosters

📖 Read the story of someone you admire.

📺 Watch a funny YouTube video.

🐾 Play with an animal.

🎬 Watch a movie you loved when you were younger.

🏠 Reorganize your room.

✈️ Make a list of places you want to travel.

Ask for Help

💬 Text a friend.

👉 Ask someone to just sit with you.

📞 Call a family member.

👤 Talk to an adult you trust.

📞 Call a friend you haven’t talked to recently.

! If you are in crisis, call 1-800-273-TALK or text “MHA” to 741741.

Address Your Basic Needs

🍏 Eat a healthy snack.

🥛 Drink a glass of water.

🚿 Take a shower or bath.

🛏️ Take a nap.

Hobbies & Stress Relievers

📺 Learn something new – there are tutorials for all kinds of hobbies online.

🎨 Create - try a craft project, color, paint, or draw. Invite a friend to join you for added fun.

📖 Write – you could write a story, a poem, or an entry in a journal.

🏃 Get active – dancing, running, or playing a sport are some good ways to get moving.

🎮 Play a video game.

🌱 Get a plant and start a garden.

If nothing seems to work...

If you still feel sad, worried, or scared after trying to help yourself, you might be showing the early warning signs of anxiety or depression.

A screening is an anonymous, free, and private way to learn about your mental health and if you are showing warning signs of a mental illness. Visit mhascreeing.org to take a screen—it only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results.

A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.



Content adapted from Red Flags
“Harmful Coping Responses” and
“Coping Responses.”

Tips for Blended Families



A blended family or stepfamily is a family with two adults in a committed relationship, where at least one partner has a child or children from a previous relationship. Around half of Americans have a step-relationship of some sort. If this describes your family, you are certainly not alone. They are not a unique type of family, BUT there are so many possible ways that stepfamilies may be arranged that each stepfamily is unique! Here are some tips for successful stepfamilies.

Set Realistic Expectations: Be mindful of your expectations – they will directly impact your satisfaction or disappointment with stepfamily life. Although you

can't expect instant love from stepchildren, you can and should expect respectful behavior, and your partner should help you with this. In turn, behave respectfully toward your stepchild by acknowledging their feelings and concerns.

Parent Together, Not Separately: The parent and stepparent should work together to create and provide consistency on rules and expectations. Especially early on, the original parent should be the one to announce rules and enforce consequences.

Communication is Key: Family meetings are an effective tool for communication, especially in times of transition. For newly formed stepfamilies, family meetings can be a good place to acknowledge the challenges ahead. Let your kids know; "This transition is tough for everyone. We're all going to have to make adjustments. We're all going to have to compromise."

Have Empathy: Strive to understand the perspective of other family members, even when you don't agree. When someone we are close to is having a problem or is dealing with some big emotions, it can be tempting to jump in with a lot of questions or with our own solutions. Give space for your family member to share their own perspective at their own pace. Take a pause before you start dishing out advice and listen closely to understand where they are coming from.

Prioritize the Couple Relationship: The couple creates the stepfamily, yet it is also the newest relationship and the most vulnerable. Prioritize time together.

Develop 1-1 Relationships within the Family: While doing things 'as a family' is a good idea, it's equally important to plan one-on-one activities to build and strengthen relationships. Find activities that each child enjoys and that you are willing to share with them and show interest in their life. Be available to bond with your stepchild.

Create Your Own Unique Family System: Keep old habits and traditions, while making space for new ones. Developing a sense of "we" is a process – give it time!!

Transitioning to a blended family takes time and patience. When things don't go as planned or you're having a difficult time integrating as a family, think back to the beginning and remember why you came together in the first place. No relationship is without its own set of challenges. Couples who commit to overcoming the obstacles together build a strong foundation to get through tough issues in the future.

By: Hannah Zellmer, Human Development & Relationships Educator, Marquette County

Upcoming Events

COMING SOON

Fall Trauma-Informed Parenting Workshop

Please join us for a **FREE** Trauma-Informed Parenting Workshop at Adams County Health and Human Services from 1:00pm - 4:30pm on:

- October 23rd
- October 30th
- November 6th
- November 13th



(A snack and child care will be provided)

Workshop Objectives:

- Learn how trauma affects children and how to navigate their trauma
- Learn how you can make sense of children's feelings, attitudes, and behavior
- Learn specific parenting strategies to help children who have experienced trauma

Please RSVP by Monday, October 7th, 2024 to:

Carly Schoeffling
608-339-4359
carly.schoeffling@co.adams.wi.us

Kari Cottonaro
608-339-4344
karlene.cottonaro@co.adams.wi.us



Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Questions? Contact Jen Whitty at jennifer.whitty@wisc.edu

Virtual StrongBodies - Fall 2024 Session

Dates: October 1 through December 19, 2024

Time: Tuesdays and Thursdays, 9:00 – 10:15 am

How to Sign Up: Register online at <https://go.wisc.edu/k5dtx0>

A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after September 30th



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program- SNAP and Expanded Food and Nutrition Education Program - EFNEP.



MARQUETTE COUNTY PARENT CAFE

Parent cafés help build strong families and are a fulfilling way for parents to talk, listen, and support each other with stressors, worries and challenges that many have struggled with alone. Each night will feature a different theme based on The Five Protective Factors, so you may attend the sessions that fit your schedule.

MONDAYS

SEPTEMBER 30

Oxford Elementary
222 S Franklin Ave, Oxford

OCTOBER 21

Endeavor Elementary
414 S Church St, Endeavor

NOVEMBER 18

Forest Lane Community School
222 Forest Ln, Montello

WHAT HAPPENS AT A PARENT CAFE?

Families gather to enjoy dinner together. After dinner, the children transition to an activity area. Parents gather together to begin the Parent Café. Parents discuss various questions in small groups facilitated by a Parent Host.

To support your full participation, please make requests for accommodations at registration.

Para respaldar su participación total, solicite adaptaciones en el momento de la inscripción.

DINNER
5:30-6:00 PM

CAFE
6:00-7:30 PM



SCAN ME



Registration will open the first of the month for each cafe

REGISTRATION

Registration is required. Walk ins will be accepted only if registration is not at full capacity. Scan the QR code or call Childcaring at 800-628-8534 to register or with questions.

CHILD CARE

Child care is available for children under 12 years. Please register the children needing care. One week prior to the cafe you will receive a confirmation call/text regarding availability of child care.



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Breaking the Chains Understanding Addiction



Monday September 16



Adams Community Theater
157 S. Main St. Adams, WI



5:30 PM- Entry & Snacks
6-8 PM Speaker & Video

Event Highlights:

- Keynote Speaker : Tina Perry shares her heart-rending story of stigma, loss and love
- Hear from community members who have broken the chains of addiction
- Community Resource tables for everyone to visit

Tina Perry



**DOOR
PRIZES**

For more information or questions contact
Sheila Michels:
(608) 339-4237
sgmichels@wisc.edu

OPEN TO PUBLIC: PARENTAL DISCRETION ADVISED

The organizers of this event do not discriminate on the basis of race, color, national origin, sex, age, or disability.



Join us and begin



Planning AHEAD

for the end of this life

What is Planning AHEAD?

Planning AHEAD is a 7-session course (one hour each) that guides participants through the topics on the right.

This course features a workbook to help people with the tasks and decisions associated with end-of-life.

Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

When is the program?

- Thursdays | Sept. 26–Nov. 7, 2024 | 11:00 a.m.–Noon
- The program will be held online via Zoom.

How do I sign up?



Scan to register or visit go.wisc.edu/z8c3m7



Scan or visit go.wisc.edu/planning-ahead-participants to download a fillable copy of the Planning AHEAD workbook and get more information.

Planning AHEAD program topics



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief

For questions regarding the program, please contact: Sara Richie by emailing, sara.richie@wisc.edu



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PARENTING AND FAMILY RELATIONSHIP CLASSES

September, October & November 2024

All classes are virtual unless noted.



EVERY DAY PARENTING

Raising Wisconsin's Children

Join free parenting classes each month! These classes offer practical, research-based ideas to support your parenting and help children grow. Topics include screens and media plans, family traditions, and more.

September 19, October 17, November 14 | 1 PM

Focus on Fathers

Hey dads! Your role matters! Join us for discussions on parenting, family life and how to handle modern challenges. A space for dads to support each other.

Second Tuesday of the Month | 6 PM

Raising a Thinking Child

Caregivers of 4 to 7-year-olds, this one's for you! A six-week session to improve your child's problem solving and communication.

Tuesdays 10/8/2024 to 11/12/2024 | 9 AM or 6 PM

FAMILY TRANSITIONS

Triple P Family Transitions

A six-week series to support the transition to single parenthood. Get support for handling conflicts and managing stress while connecting with other parents.

Thursdays 9/26/2024 to 10/24/2024 | 5:30 PM

Parents Forever

Learn how to lessen the impact of divorce on children, co-parent without conflict, and improve self-care to foster resilience.

Monthly | Times Vary

Resilient Co-Parenting

Join us for ongoing support for your co-parenting journey. Topics include relationship readiness, finding your family rhythm, forgiveness, and more. **First Thursday of the Month | 7 PM**

Triple P Positive Parenting Program

Want simple, proven strategies to create loving bonds with your kids while handling challenging behavior effectively? These classes are for you!

For parents and caregivers of kids 0 to 12 years, topics include positive parenting, raising confident children, managing fighting, and more.

Tuesdays 9/10/2024 to 10/1/2024 | 9 AM or 6 PM

For parents and caregivers of teens, topics include helping your teen develop good decision making, responsibility, confidence, and more.

Mondays 9/16/2024 to 9/30/2024 | 11:30 AM or 6 PM

Strong Couples

Six self-paced online modules and five coaching calls that teach you skills to improve your romantic relationship. Free and backed by research!

Visit parenting.extension.wisc.edu/strong-couples.

VISIT OUR CLASS CALENDAR TO SIGN UP



[CLICK TO SIGN UP](#)

To make sure everyone has a great experience, we limit the number of spots in our classes. Registration is required. Use the QR code or the link below to sign up!



<https://parenting.extension.wisc.edu/class-calendar>

join us for the
Aging Mastery Program®

AMP up your life! Join us to boost your health, happiness, and financial security through fun and engaging activities. With expert guidance and peer support, you'll **master the art of aging well.**

**The adventure
begins
September 26th!**

Class meets
Tuesdays & Thursdays
Sept 26 – Oct 29, 2024

5:00 – 6:30 p.m.
Adams-Friendship
(location to be decided)



**Snacks and
Refreshments
provided!**

RSUP

608-339-4237

or email Sheila at sgmichels@wisc.edu



Aging
Mastery



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ADAMS COUNTY

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Aging
Mastery

ADAMS COUNTY SUICIDE PREVENTION ANNUAL WALK-RUN-RIDE

1.5 Mile Walk
5 Mile Bike Ride
8k Fun Run



T-shirts available for purchase:

Cost: \$15

Designed By: Kali Weber

*Must complete registration and t-shirt payment by August 18th to get a t-shirt

SATURDAY, SEPTEMBER 14, 2024

9:00 am at Friendship Park

<https://bit.ly/45VRkBc>



For more Information or Questions call: (608)339-4342

Thank you to our generous sponsors:



Dolly Parr



GOLDWELL BANKER DELVA-PARR REALTY








Safe Sitter Essentials with Basic CPR Skills


WED., OCTOBER 9TH – 8:30AM -3:30PM

GUNDERSEN MOUNDVIEW HOSPITAL & CLINICS - ROBERT BEAVER ROOM

Prepare your child for the responsibilities of babysitting, watching younger siblings, or being home alone.

Students will learn...

-  **Decision-making skills**
-  **What to do in an emergency**
-  **Fire & Personal safety**

-  **Basic First-Aid & rescue skills such as choking and CPR**
-  **Child care skills**
-  **Life & Business skills**

- **Cost:** \$25 (includes materials & snacks/lunch) Financial assistance available
- Need transportation? We can help!
- Parents & Guardians are invited to a graduation ceremony at 3:15 pm

Space is limited! Call 608-339-4237
online: go.wisc.edu/a5b2au or

Register by October 1st



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment & programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) & Section 504 of the Rehabilitation Act requirements.

This class is facilitated by UW-Madison Extension of Adams County and Gundersen Moundview Hospital and Clinics with monetary support from Central Sands Childcare Alliance



Community Resource Highlights



Marquette County Clinical Services: Therapy, AODA, Treatment Centers, individual and group sessions for individuals and family, children and adults. Services include information on Mental Health programs (CSP, CCS), Also contracts with Northwest Connections for after-hours crisis assistance.

- CSP – Community Support Program: coordinated care and treatment for adults living with a serious and persistent mental illness.
- CCS – Comprehensive Community Services: Program for all ages, who need ongoing services for mental illness, substance abuse, or dual diagnosis.

480 Underwood Ave,
Montello, WI 53949
608-297-3181
After hours: (888) 552-6642

<https://www.co.marquette.wi.us/departments/human-services/clinical-services>

A promotional graphic for health insurance. It features a dark teal background with the text "Need health insurance?" in white, bold, italicized font. Below the text is a photograph of a smiling man and woman wearing aprons, with a white outline of Wisconsin overlaid on the image. To the right of the photo, the text "Get free, local help to sign up or renew!" is written in a dark teal font.



www.coveringwi.org

Schedule a free appointment:

 CoveringWi.org

 (877) 942-6837

covering
Wisconsin
Connect to Care, Engage in Health


 Extension
UNIVERSITY OF WISCONSIN-MADISON

Guiding families to the health care resources their children need

Get support for kids with special health care needs



 **Wisconsin Wayfinder**
Children's Resource Network

 dhs.wi.gov/wiscway

 **(877) WiscWay**
877-947-2929

All calls are free and confidential



 WISCONSIN DEPARTMENT
of HEALTH SERVICES

P-03539B (06/2024)

 **Wisconsin Wayfinder**
Children's Resource Network

We serve children and youth with special health care needs.

Our compassionate, trained children's resource guides provide:

- **Friendly assistance**
- **Trusted information**
- **Personalized support**
- **Connections to resources**

Anyone wishing to help a child or youth with a delay, disability, special health care need, or mental health condition can contact us for information and assistance.

 dhs.wi.gov/wiscway

 **(877) WiscWay**
877-947-2929

All calls are free and confidential



2ND ANNUAL GREEN LAKE COUNTY HEALTH AND WELLNESS FAIR

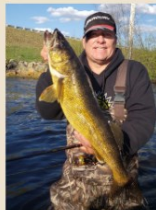
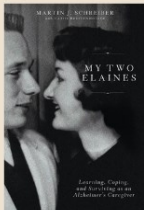
WEDNESDAY, SEPTEMBER 11
10:00AM-2:00PM
TOWN SQUARE COMMUNITY CENTER

2024 VENDORS:

- GREEN LAKE COUNTY PUBLIC HEALTH
- FARMERS & MERCHANTS BANK
- BMO HARRIS BANK
- BUG TUSSEL
- OPTIONS FOR INDEPENDENT LIVING
- ADRC OF ADAMS, GREEN LAKE, AND WAUSHARA COUNTIES
- VISITING ANGELS
- BARBOLA & BARBOLA-HEMPEL FUNERAL CHAPELS
- RIPON SENIOR ACTIVITY CENTER
- PRINCETON SENIOR CITIZEN CENTER
- TAILORED HEARING SOLUTIONS
- SENIOR MEDICARE PATROL
- ADVOCAP, INC
- GREEN LAKE LIBRARIES
- OASIS SENIOR ADVISORS FOX VALLEY WI
- CHRISTINE ANN DOMESTIC ABUSE SERVICES, INC.
- CONNECTIONS IRIS PROGRAM
- THE RIGHT RELIEF INC.
- GREEN LAKE COUNTY EXTENSION OFFICE
- GENERATIONS HOME CARE AND HOSPICE, INC.
- WEAR TECH
- EDEN VISTA RIPON / WHISPERING PINES NURSING AND REHAB
- ÉLAN BRIO SPA
- GREEN LAKE GREENWAYS
- GRIZZLY FITNESS BERLIN
- SWEET NIRVANA CREATIONS, LLC
- GFWC PRINCETON WOMEN'S CLUB
- THE DANDELION FARM & RELAXATION SPA
- ADVANCED PHYSICAL THERAPY AND SPORTS MEDICINE

2024 SPEAKERS:

- **FORMER GOVERNOR MARTIN SCHREIBER, AUTHOR OF MY TWO ELAINES: LEARNING, COPING, AND SURVIVING AS AN ALZHEIMER'S CAREGIVER**
- **TRAVEL WISCONSIN**
- **GREG KARCH, ANGLER EDUCATOR WITH LEARN 2 FISH WITH US**
- **FOND DU LAC COUNTY MASTER GARDENERS**



- **AMPLE SPACE: ACCOMMODATING OVER 30+ LOCAL VENDORS IN TOWN SQUARE'S THE SPACIOUS BINGO HALL.**
- **OUTDOOR TERRACE: ENJOY REFRESHMENTS AND LIVE MUSIC BY DAN BRAAKSMA.**
- **ADDITIONAL PARKING: AVAILABLE AT THE AMERICAN LEGION WITH SHUTTLE SERVICE PROVIDED BY GREEN LAKE SHUTTLE.**



TO REGISTER: SCAN THE QR CODE OR VISIT
[HTTPS://TINYURL.COM/2024HWFAIR](https://tinyurl.com/2024HWFAIR)
OR CALL 920-294-4070.



Educator Contacts

Our Contact Info

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Facebook: <https://www.facebook.com/marquette.uwex.edu/>



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