

## Intellectual Wellness

*-continued and active studying  
and learning*

Blackhawk Technical College  
[blackhawk.edu](http://blackhawk.edu)

Monroe Public Library  
[monroepubliclibrary.org](http://monroepubliclibrary.org)

New Glarus Public Library  
Central Library  
[newglaruspubliclibrary.org](http://newglaruspubliclibrary.org)

Brodhead Memorial Public  
Library  
[cityofbrodheadwi.us/departments/public\\_library/index.php](http://cityofbrodheadwi.us/departments/public_library/index.php)

Monroe Arts Center  
[monroeartscenter.com](http://monroeartscenter.com)

Albertson Memorial Library  
[albertsonlibrary.org](http://albertsonlibrary.org)

Green County Leaders  
[green.uwex.edu/community-development/green-county-leaders/](http://green.uwex.edu/community-development/green-county-leaders/)

Green County  
University of Wisconsin-  
Extension  
[green.uwex.edu](http://green.uwex.edu)

Green County Development  
Corporation  
[greencountyedc.com](http://greencountyedc.com)

## Spiritual Wellness

*-ensuring an enriched personal  
spirit*



Wisconsin Council of Churches  
[wichurches.org](http://wichurches.org)

Great Plains Zen Center  
[greatplainszen.org](http://greatplainszen.org)

St John's United Church of Christ  
[Stjohnsuccmonroe.org](http://Stjohnsuccmonroe.org)

York Memorial Lutheran Church  
[yorkmemoriallutheranchurch.weebly.com](http://yorkmemoriallutheranchurch.weebly.com)

St. Clare of Assisi  
[stclaregreencounty.org](http://stclaregreencounty.org)

# Wellness in Green County

Wellness can be broken down into five basic areas:  
Physical,  
Emotional,  
Social, Spiritual,  
and Intellectual.  
Inside you will find local resources to help you improve your personal wellness.

## Physical Wellness

*-Maintaining and improving fitness and mobility*

### Annual Events:

#### Get Mooving

[greencohcc.org](http://greencohcc.org)

#### Angels Among Us - 5K run/walk

[jacobsswag.org](http://jacobsswag.org)

#### Juda Hill Climb

[judaschool.com](http://judaschool.com)

#### Relay for Life of Green County

[relayforlife.org/greencountywi](http://relayforlife.org/greencountywi)

#### Tour de Cheese

[bbbsgreencounty.org](http://bbbsgreencounty.org)

### Locations:

#### Green County YMCA

[greencountyymca.org](http://greencountyymca.org)

#### Cheese Country Trail

[tricitytrails.com](http://tricitytrails.com)

#### New Glarus Woods State Park

[dnr.wi.gov/topic/parks/name/ngwoods/](http://dnr.wi.gov/topic/parks/name/ngwoods/)

#### Twining Park

[cityofmonroe.org/Facilities/Facility/Details/6](http://cityofmonroe.org/Facilities/Facility/Details/6)

## Emotional Wellness

*-Understanding mindset and cultivating a positive outlook*

### Green County Mental Health Services

[gchsd.org/mental-health](http://gchsd.org/mental-health)

### Suicide Prevention Services

(608) 328-9393

### Green Haven Family Advocates

[greenhaven4help.com](http://greenhaven4help.com)

### Affinity Counseling LLC

[susanshankslpc.weebly.com](http://susanshankslpc.weebly.com)

### Monroe Clinic

[monroeclinic.org/behavioralhealth](http://monroeclinic.org/behavioralhealth)



## Social Wellness

*-positive relationships and support networks*

### Volunteer Network of Green County

[volunteergreencounty.org](http://volunteergreencounty.org)

### Family Promise of Green County

[familypromisegreencounty.com](http://familypromisegreencounty.com)

### Literacy Council of Green County

[literacygreencountywi.org](http://literacygreencountywi.org)

### Big Brothers Big Sisters

(608) 325-7855

### Green County Habitat for Humanity

[greencountyhabitat.org](http://greencountyhabitat.org)

