



Public Health
Prevent. Promote. Protect.

**De Pere Health
Department**



DE PERE
WISCONSIN

OLDER ADULT RESOURCE GUIDE

**Local resources, programs, and tools
for adults 55+ in De Pere, WI**

www.deperewi.gov/olderadults

**Updated:
Summer
2025**

OLDER ADULT RESOURCE GUIDE



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De Pere Health Department Programs



Public Health
Prevent. Promote. Protect.

De Pere Health Department



Bingo, Exercise, & Health Education



Public Health
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De Pere Health Department



About

Bingocize® combines fall preventing-exercise and health trivia with the classic game of bingo for a fun way to get moving, learning, and socializing. Bingocizers maintain or gain mobility and independence during this exercise class while meeting new people and winning prizes!

De Pere Health Department/De Pere Community Center and ADRC of Brown County host Bingocize classes for older adults throughout the year.

De Pere Community Center
<http://www.deperewi.gov/communitycenter>
920-339-4097



De Pere Steps to Safety Program



Public Health
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De Pere Health Department



**STEPS TO
SAFETY™**
PREVENT FIRE & FALLS AT HOME

About

The National Fire Protection Association (NFPA) Steps to Safety™ (S2S) Prevent Fire and Falls at Home program pairs fire/EMS professionals with community partners, such as Public Health, to educate older adults about home fire and fall safety through group presentations and home visits.

Any City of De Pere resident can request a Steps to Safety home visit with our De Pere Fire Rescue and De Pere Health Department staff.

During the visit, we will assess your home and habits for fall and fire risks including: CO/smoke detector function (with replacement as needed), electrical cords, throw rugs, grab bars, health history, medications, and more.

www.nfpa.org/stepstosafety

De Pere Health Dept

920-339-4054

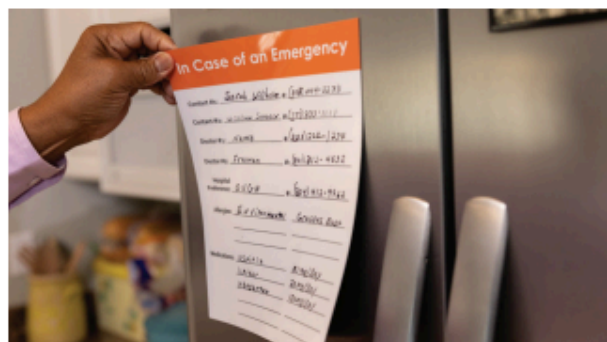




**STEPS TO
SAFETY™**
PREVENT FIRE & FALLS AT HOME

8 STEPS FOR FALL PREVENTION

Follow these 8 steps to help reduce your risk of a fall. Learn more at nfpa.org/stepstosafety.



1 Exercise regularly. Exercise will help you build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.

2 Take your time. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.

3 Keep stairs, pathways, and walking areas clear. Remove electrical cords, shoes, clothing, books, magazines, and other items that may be in the way of foot traffic. Have easy-to-grip handrails installed along the full length on both sides of the stairs. Consider subscribing to a medical alert system. If you have an emergency, just push the wearable button that is provided and the service will send emergency responders.

4 Improve the lighting in and outside your home. Use night lights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. Have lighting at both the top and bottom of stairways. See an eye doctor once a year.

5 Use non-slip mats and grab bars. Non-slip mats increase safety in the bathtub and on shower floors. Use non-slip mats outside the tub and shower. Install grab bars on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.

6 Be aware of uneven surfaces. Make sure indoor flooring is safe from tripping hazards. Use only throw rugs that have rubber, non-skid backing. Consider non-skid pads under rugs. Always smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member, a friend, or a neighbor to clear ice and snow from outdoor stairs and walkways. Always use handrails, if available, and step carefully.

7 Wear sturdy, well-fitting shoes. Low-heeled shoes with non-slip soles are best, even inside. These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

8 Have a list of your current medications available. Keep your list updated and visible—on your refrigerator or in your wallet. Give a copy to a family member or caregiver. Your primary care provider should know all the medications you take to be able to identify if any or a combination of them can make you at higher risk for a fall. Ask your doctor if any of your medications can make you drowsy or affect your balance.



**STEPS TO
SAFETY™**
PREVENT FIRE & FALLS AT HOME

8 STEPS FOR FIRE PREVENTION

Follow these 8 steps to help prevent fires at home. Learn more at nfpa.org/stepstosafety.

- 1 If you smoke, smoke outside.** Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand, and never throw them in plants or mulch. Never smoke in bed. Never smoke if oxygen is used in the home.
- 2 Give space heaters space.** Keep them at least 3 feet (1 meter) away from anything that can burn—including you. Shut off and unplug heaters when you leave the room or go to bed. Plug heaters directly into a wall outlet and never into an extension cord or power strip.
- 3 Stay in the kitchen when frying food and cooking on the stove top.** If you leave the kitchen, even for a short time, turn off the burner. Use a timer when cooking. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication. Do not cook when taking new medication until you know how it will affect you. Wear tight-fitting or short sleeves when cooking. Use oven mitts to handle hot pans. Use lightweight manageable pans.
- 4 If your clothes catch fire: stop, drop, and roll.** Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. If you use a wheelchair, scooter, or other device and can get to the floor, lock the device before getting out and then roll until the flames are out. If you are a bystander, use a rug or blanket to help extinguish the flames. Use cool water for 3–5 minutes to cool the burn. Get medical help right away.
- 5 Smoke and carbon monoxide alarms save lives.** Install smoke alarms on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, have interconnected alarms, so when one sounds, they all sound. Have someone test your smoke alarms once a month by pushing the test button. Replace any that are 10 years old or older. If you or someone in your home is deaf or hard of hearing, use bed shaker and strobe light alerts that work with your smoke alarm. Install carbon monoxide alarms outside each sleeping area and on every level of the home.
- 6 Plan and practice your escape from fire and smoke.** If possible, plan two ways out of every room in your home and two ways out of your home. Make sure windows and doors open easily. If the smoke alarm sounds, get outside and stay outside.
- 7 Know your local emergency number.** It may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone. In case of a medical emergency, keep family and contact names and numbers by the phone.
- 8 Plan your escape for your abilities.** Have a landline or a cell phone with a charger near your bed to call for help if you are trapped by smoke or fire. Have your walker, cane, scooter, or wheelchair by your bed. Keep your glasses, phone, and flashlight near your bed to reach quickly in an emergency.



Community Partners



ADRC of Brown County



About

Aging and Disability Resource Centers (ADRCs) are a Wisconsin idea designed to partner with adults 60+, persons with disabilities, and their caregivers, empowering them to live their best possible life. ADRC of Brown County offers a broad range of services and events with topics such as: fall prevention, advanced directives, dementia, basic needs, healthy eating, exercise, home care, social security, Medicare/insurance, long term care, transportation, caregiver support, and more.

www.adrcofbrowncounty.org
300 S Adams St
Green Bay, WI 54301
920-448-4300





Getting Help: Falls Prevention

Services, Education, and Group Classes Offered in Brown County

* - Free \$ - Minimal Payment = \$20-25 # - Check with your insurance or provider for payment required

300 S. Adams St
Green Bay, WI 54301
Phone (920)448-4300
www.ADRCoftbrowncounty.org

Agency Name & Contact Information	Website with Printable/Video Resources	Healthcare Support & Education	In-Home Falls Assessment	Strength & Balance Exercise Classes	Stepping On Workshop	Walk With Ease Workshop	Bingocize Workshop	Community Presentations
Aging and Disability Resource Center (ADRC) 300 S. Adams St; GB, WI 54301 https://adrcofbrowncounty.org/fall-prevention/ 920-448-4300	*		Referral Needed *	*	Self Referral \$	Self Referral \$	Self Referral \$	*
Aurora Health Care 920-288-8100 https://www.aurorahealthcare.org/		\$/#			Self Referral \$			
Bellin Health 920-445-7220 920-433-6050 https://bellin.org/		\$/#						
De Pere Health Department 335 S Broadway; De Pere, WI 54115 920-339-4054 https://www.deperewi.gov/topic/index.php?topicid=484&structureid=128			Self referral, City of De Pere residents *				Self Referral *	Within City of De Pere *
Fall Prevention Alliance of Northeast Wisconsin, inc. 920-373-1083 https://www.fallpreventionalliance.com/	*							
Falls Free Wisconsin https://fallsfreewi.org/	*	*						
Green Bay Metro Fire Department 501 S Washington St; GB, WI 54301 920-448-3280 https://greenbaywi.gov/1420/Fire								*

This listing is provided for information only courtesy of the ADRC of Brown County. Endorsements are not assumed or implied.

Updated: 5/7/2025



Getting Help: Falls Prevention

Services, Education, and Group Classes Offered in Brown County

* - Free \$ - Minimal Payment = \$20-25 # - Check with your insurance or provider for payment required

300 S. Adams St
Green Bay, WI 54301
Phone (920)448-4300
www.ADRCoofbrowncounty.org

Agency Name & Contact Information	Website with Printable/ Video Resources	Healthcare Support & Education	In-Home Falls Assessment	Strength & Balance Exercise Classes	Stepping On Workshop	Walk With Ease Workshop	Bingocize Workshop	Community Presentations
Kroc Center 1315 Lime Kiln Rd; GB, WI 54311 920-884-5007 https://gbkroccenter.org/				\$/#				
Milo C. Huempfner Dept of Veterans Affairs Outpatient Clinic 2851 University Ave; GB, WI 54311 920-431-2500 https://www.va.gov/milwaukee-health-care/		\$/#		\$/#				
N.E.W. Community Clinic 920-437-7206 https://www.newcc.health/								
Oneida Community Health Center 2640 West Point Rd; GB, WI 54304 920-490-3780 https://oneida-nsn.gov/resources/health/community-health-services/ <i>Serving Oneida patients by referral and Oneida employees on health plan</i>								
Prevea Health 920-496-4700 https://www.prevea.com/		\$/#			Self Referral \$			
YMCA 920-436-9622 https://www.greenbayymca.org/		* \$		* \$		\$		* \$
YWCA 230 S Madison St; GB, WI 54301 920-432-5581 https://www.ywcagreenbay.org/				\$				

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Updated: 5/7/2025

De Pere Community Center



About

Part of the De Pere Parks, Recreation & Forestry Department, the De Pere Community Center is an active, thriving venue that serves as an epicenter of lifelong learning, health, fitness, enrichment, recreational, and celebration opportunities. They host many opportunities for older adults, including exercise and fall prevention programs! Call today to find out more.

www.deperewi.gov/communitycenter

600 Grant St

920-339-4097



WI Institute for Healthy Aging



Wisconsin Institute
for Healthy Aging

About

Wisconsin Institute of Healthy Aging (WIHA) encourages a culture of healthy aging that embraces equity, independence, and self-management, and that values every person in every community. Falls Free® Wisconsin (FFWI), part of WIHA, has a vision for reducing falls in Wisconsin and is dedicated to Wisconsinites looking for tools, resources, and programs to prevent falls.

www.wihealthyaging.org

www.fallsfreewi.org



Rennes Group



Residence by Rennes

Assisted Living & Memory Care



Renaissance by Rennes

Assisted Living Apartment Community



Rennes Health & Rehab Center

Rehabilitative Services & Skilled Nursing

About

Rennes Group offers assisted living, memory care, inpatient and outpatient rehab/therapies, and skilled nursing services in West De Pere. Rennes Health & Rehab Center, The Renaissance by Rennes, and Residence by Rennes include a highly experienced, licensed, and compassionate care team who's dedicated to providing quality and personalized care.

www.rennesgroup.com

Residence

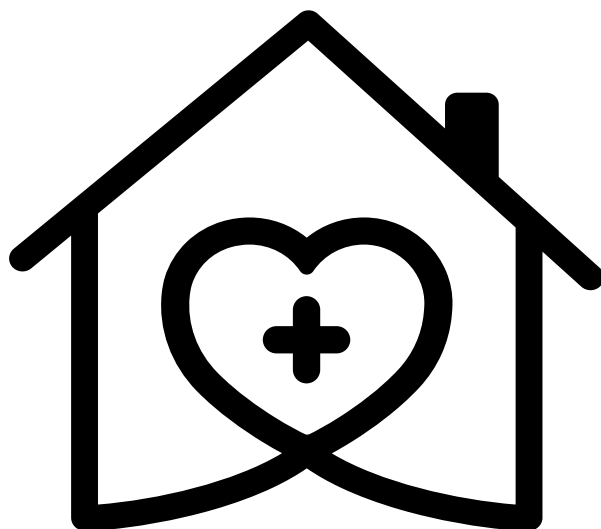
920-983-5200

Renaissance

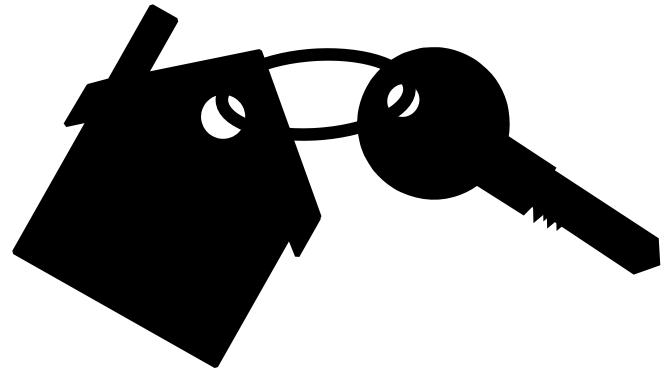
920-983-5100

Rennes Health & Rehab

920-336-5680



Senior Apartments in De Pere



OAK MEADOWS

55+

525 N. 10th Street

www.accmanagementgroup.com

920-366-5368

NICOLET TERRACE

Preference to 62+ or disability

Income-based

850 Morning Glory Lane

www.dphousing.org

920-336-0755

NICOLET HIGHLANDS

55+

430 Grant Street

www.ardenpropertygroup.com

920-247-2022

Senior
apartments
may offer
amenities,
layouts,
services, and
conveniences
specific to
older adults



Have You Fallen In Your Home?



**We Can Help Keep You
In Your Home For Free!**

**Rebuilding Together Fox
Valley Can Install:**

- **Grab Bars**
- **Bathtub Transfer Benches**
- **Anti-Slip Adhesives In Bathtubs**
- **Toilet Seat Risers**
- **Night Lights**



**Our Services Are Free To Qualified Homeowners
Thanks To Funding From Businesses And Foundations**

- * Must Own And Live In The Home**
- * We Cannot Serve Apartments, Duplexes, Or Mobile Homes**

Get Help Now!

(920) 730-2156

contact@rtfv.org

www.rtfv.org



Mental Health and Safety





In De Pere and Wisconsin, help is just 3 numbers away

211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

211 also can connect people with information and referrals for:

- AOD/Mental Health Resources
- Transportation
- Legal Services
- Counseling and Support Groups
- Disaster Aftercare
- Everything Else

988 provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation



De Pere Police Department Social Worker



Police Social Worker, John Bushmaker, is available to assist City of De Pere residents in connecting to community resources along with navigating concerns caused by neglect, poverty, abuse, domestic violence, mental health, and substance abuse. He advocates for and develops plans to improve individual and family wellbeing within De Pere.



John P. Bushmaker, LCSW
(920) 339-4078, Ext. 1205
jbushmaker@deperewi.gov

Elder Abuse/ Adult Protection

**Wisconsin Elder
Abuse Hotline:
1-833-586-0107**

**Brown County Adult
Protective Services
(920) 448-7885**

The Wisconsin Elder Abuse Hotline Program is a toll-free hotline available for community members and victims to contact for assistance in obtaining needed resources and making referrals to local authorities.

Individuals who suspect they are a victim of elder abuse or know someone who may be experiencing abuse are encouraged to learn more about the signs at www.ReportElderAbuseWI.org and make a report through Wisconsin Elder Abuse Hotline at 1-833-586-0107.

The primary function of Adult Protective Services is to conduct investigations on referrals of abuse, neglect, self-neglect, and exploitation of vulnerable, disabled adults and elder persons. To make a report/referral in Brown County during normal business hours, please call (920) 448-7885. After hours, please call the Crisis Center at (920) 436-8888.

RESPECT YOUR ELDERS
REPORT ABUSE



Brown County, WI
Established 1818

Social Connection



Loneliness is the feeling of being alone, isolated, or not socially connected. 33% of adults 45+ report feeling lonely and 28% percent of older adults live alone. Loneliness can lead to higher rates of chronic illness and early death. We challenge you to make new connections!

A few options to connect in our area:

Join a club:

De Pere has many groups to join! Check out the local Kiwanis Club, Neighborhood Watch, Lions Club, Rotary Club, Optimist Club, and others!

Volunteer:

From the De Pere Beautification Committee to animal shelters to food pantries, there are many volunteer opportunities in De Pere and Brown County! Grab a friend and engage with the community.

Find local events:

Contact De Pere Community Center, Kress Family Branch of the Brown County Library, Definitely De Pere, or the Aging and Disability Resource Center of Brown County for upcoming workshops, exercise classes, festivals, card games, and more!

www.deperewi.gov/belong



Chronic Disease Prevention



Know the signs of a stroke!

BE FAST

BALANCE

Sudden loss of coordination or balance

EYES

Sudden change in vision

FACE

Sudden weakness on one side of the face or facial droop

ARM

Sudden arm or leg weakness or numbness

SPEECH

Sudden slurred speech, trouble speaking, trouble understanding speech

TERRIBLE HEADACHE

Sudden onset of a terrible headache



WISCONSIN COVERDELL
STROKE PROGRAM



WISCONSIN DEPARTMENT
of HEALTH SERVICES
P-02107 (03/2018)

TIME TO CALL 9-1-1

Every second counts!



Learn What a Heart Attack Feels Like

Know the heart attack warning signs.



Your chest may hurt or feel squeezed, or it may feel like heartburn or indigestion.



Your arms, back, shoulders, neck, jaw, or upper stomach (above the belly button) may hurt.



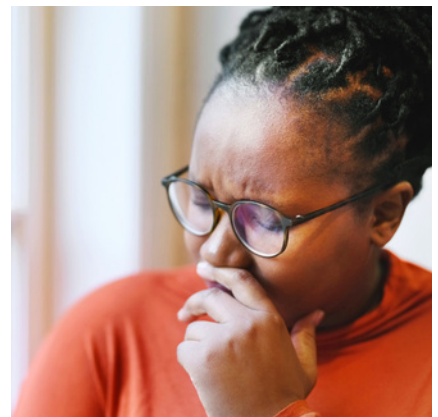
You may feel like you can't breathe.



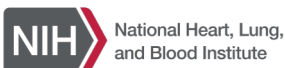
You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach.



You may feel really, really tired.



To learn more about heart health,
visit [hearttruth.gov](https://www.hearttruth.gov)





Understand that heart attacks are not all the same.

Some heart attacks are sudden. Other heart attacks start slowly. Your pain and other signs may go away and come back. You may not be sure if you are having a heart attack. **Don't wait, check it out right away.**

Act fast. Call 9-1-1.



Call 9-1-1 if you think you may be having a heart attack. Don't wait! If you can't call, ask a family member or friend to call 9-1-1.

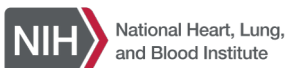


Do not drive yourself to the hospital.

The ambulance is the best and safest way to get there. Emergency medical services workers will start lifesaving treatments right away.

To help survive a heart attack, take these steps:

- ▶ Know the signs of a heart attack.
- ▶ Understand that heart attacks are not all the same.
- ▶ Act fast. Call 9-1-1.



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov

NIH Publication No. 20-HL-5062
October 2020



PREDIABETES

COULD IT BE YOU?



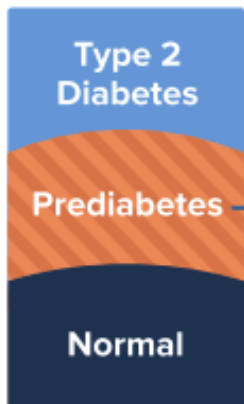
98
Million

98 million American adults—**more than 1 in 3**—have prediabetes



More than 8 in 10
adults with prediabetes
don't know they have it

BLOOD SUGAR



With prediabetes, your **blood sugar levels are higher than normal**, but not high enough yet to be diagnosed as type 2 diabetes

PREDIABETES RISKS

Prediabetes increases your risk of:



Type 2
Diabetes



Heart
Disease



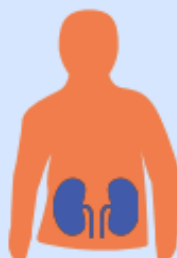
Stroke

TYPE 2 DIABETES HEALTH RISKS

If you ignore prediabetes, your risk for type 2 diabetes goes up — **type 2 diabetes increases your risk for serious health complications:**



Blindness



Kidney
Failure



Heart
Disease



Stroke



Loss of
toes, feet,
or legs

REDUCE YOUR RISK

If you have prediabetes, losing weight by:



Eating
healthy



Being more
active



Can cut your risk of
getting type 2 diabetes
in half.

YOU CAN PREVENT TYPE 2 DIABETES

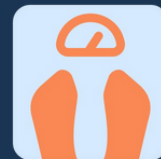


Find out if you have
prediabetes— See your
doctor to get your
blood sugar tested



Join a **CDC-recognized**
diabetes prevention
program

- ✓ Eat healthy
- ✓ Be more active
- ✓ Lose weight



Learn more from CDC and take the **Prediabetes Risk Test** at
www.cdc.gov/prediabetes/risktest/

REFERENCES
Centers for Disease Control and Prevention. National Diabetes Statistics
Report. Atlanta, GA:
Centers for Disease Control and Prevention, US Dept of Health and
Human Services; 2022.

CDC's Division of Diabetes Translation works
toward a world free of the devastation of diabetes.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



It's true:

You can help reduce your cancer risk.

There are choices you can make that can help reduce your risk of getting cancer. Some of them may be easier than you think.

Stay away from tobacco, including cigarettes, cigars, chewing tobacco, and other forms.

Get moving with regular physical activity. We recommend at least 75-150 minutes of vigorous activity, or 150-300 minutes of moderate activity per week.

Eat healthy with plenty of fruits, vegetables, and whole grains, and limit or avoid red and processed meat and processed foods.

Get to and stay at a healthy weight.

It's best not to drink alcohol. If you do drink, women should have no more than 1 drink per day and men should have no more than 2 drinks per day.

Protect your skin from the sun with sunscreen, clothing, wide-brimmed hats, and sunglasses; and avoid the sun from 10 a.m. until 4 p.m.

Know yourself, your family history, and your risks, and let your health care team know about them, too.

Get regular checkups and cancer screening tests.

Visit us online at cancer.org or call **1-800-227-2345** to learn more about what you can do to help reduce your cancer risk and to get answers to your cancer questions. We're here when you need us.



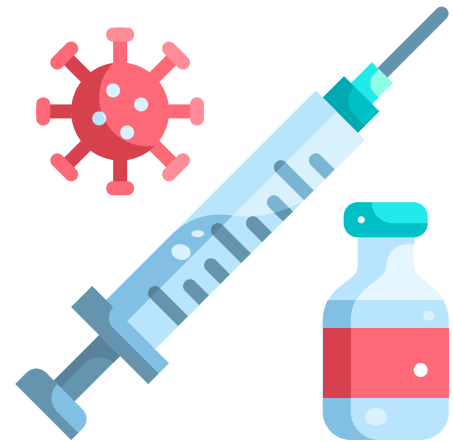
Vaccines for Older Adults



Public Health
Prevent. Promote. Protect.

De Pere Health Department

Recommended Vaccines for Older Adults



Vaccines are needed throughout the lifespan to protect against common and/or debilitating illnesses. With age, you may be at risk for different illnesses or outcomes or your previous immunity may wane. **Talk to your doctor or pharmacist** about these vaccines that are commonly recommended for older adults:

- Influenza Vaccine (high dose)
- COVID-19 Vaccine
- RSV Vaccine (respiratory syncytial virus)
- Pneumococcal Vaccine
- Tdap Vaccine (tetanus, diphtheria, pertussis)
- Shingles Vaccine (herpes zoster)

www.cdc.gov/vaccines-adults

PHARMACIES WITH VACCINES IN DE PERE* 🔍



De Pere Hometown
Pharmacy
510 Redbird Circle
920-351-8155



Walgreens Pharmacy
901 Main Ave
920-983-6153

Walgreens Pharmacy
150 S Wisconsin St
920-278-3241



CVS Pharmacy
800 Main Ave
920-336-6373



De Pere Supercenter
Pharmacy
1415 Lawrence Dr
920-336-7168

*For children and adults 6+ years old
with insurance/Medicare



Public Health
Prevent. Promote. Protect.
De Pere Health Department



Food Safety

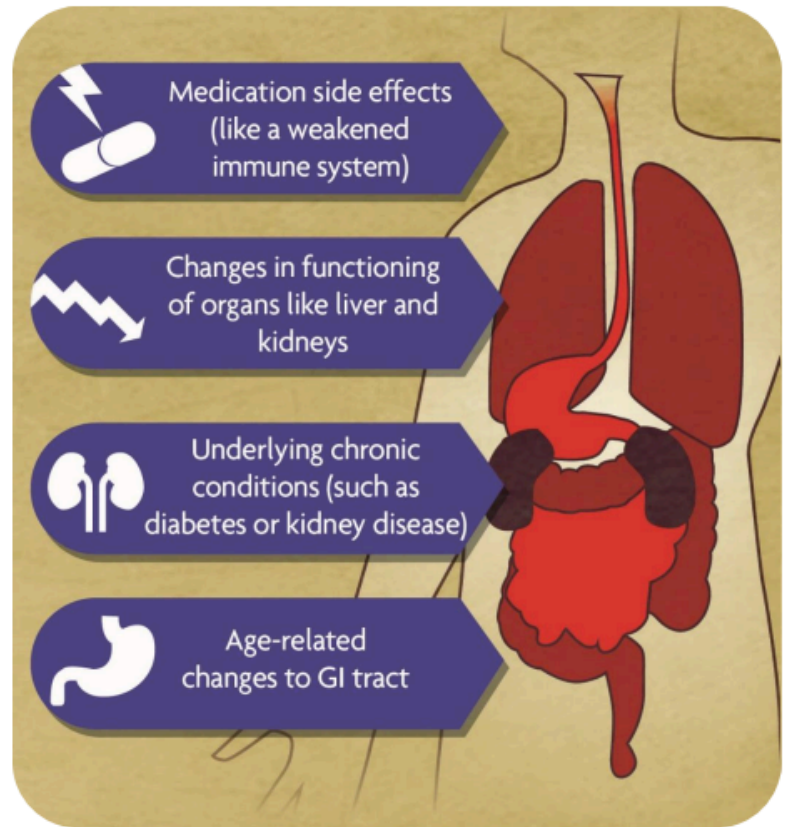


Food Safety and Older Adults

Adults 65+ are at an **increased risk of hospitalization and death** from foodborne illness.

Why?

www.fsis.usda.gov



Food Safety and Inspection Service
U.S. DEPARTMENT OF AGRICULTURE

Is it done yet? You can't tell just by looking!

Use a food thermometer to check for the safe minimum internal temperature.



Fish

145°F



Red Meat

Beef, Pork, Veal & Lamb
(Steaks, Roasts & Chops)

145°F

(with a 3-minute rest time)



Ground Meat

Beef, Pork, Veal & Lamb
(Ground)

160°F



Egg Dishes

160°F



Poultry

Turkey, Chicken & Duck
(Whole, Pieces & Ground)

165°F

Have more questions? Visit our website at www.FSIS.USDA.gov
or contact the USDA Meat and Poultry Hotline at **1-888-MPHotline (1-888-674-6854)** or MPHotline@usda.gov

FOR A SAFE PLATE,

DON'T CROSS-CONTAMINATE

7 Tips to Keep Your Food Safe



1
Separate meat, poultry, and seafood
from other food in shopping cart.



2
Keep raw meat, poultry, seafood,
and **eggs separate** from all other foods
in the refrigerator.



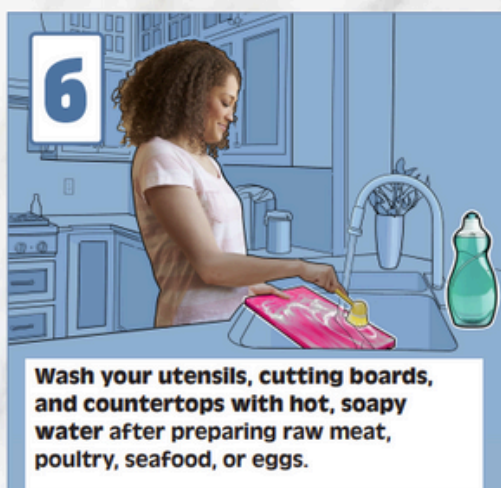
3
Raw chicken is ready to cook. It doesn't
need to be washed first. Washing it can
spread germs to other foods. If you wash
it, immediately clean and thoroughly
sanitize sink and surrounding area.



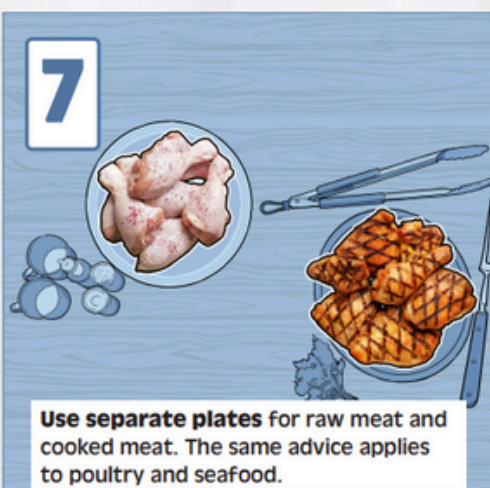
4
Use one cutting board or plate for raw
meat, poultry, and seafood and a separate
cutting board or plate for produce, bread,
and other foods that won't be cooked.



5
Wash hands for 20 seconds with soap
and **water** after touching raw meat,
poultry, seafood, or eggs.



6
Wash your utensils, cutting boards,
and **countertops** with hot, soapy
water after preparing raw meat,
poultry, seafood, or eggs.



7
Use separate plates for raw meat and
cooked meat. The same advice applies
to poultry and seafood.

LEARN MORE: cdc.gov/foodsafety



Public Health
Prevent. Promote. Protect.

De Pere Health Department



***Connect
With
Us!***

Contact



920-339-4054



deperehealth@deperewi.gov



www.deperewi.gov/olderadults



335 S Broadway St, De Pere, WI 54115



Public Health
Prevent. Promote. Protect.

**De Pere Health
Department**

Brain Game: Sudoku



According to UW Medicine, trying something new has brain benefits!

1				8				9
	5		6		1		2	
			5		3			
	9	6	1		4	8	3	
3				6				5
	1	5	9		8	4	6	
			7		5			
	8		3		9		7	
5				1				3

Sudoku Rules:

- Each row must contain the numbers 1-9 exactly once
- Each column must contain the numbers 1-9 exactly once
- Each 3×3 box must contain the numbers 1-9 exactly once