



2016 Wellness Calendar

Look for specific information on these events or programs about one to two months before their start date. Information regarding these events and programs comes out in the What's Up email. Contact Claire Schuenke, Wellness Coordinator, with questions or to register at 414-278-4938 or Claire.Schuenke@milwaukeecountywi.gov.

Month	Wellness Events and Programs
Offered multiple times a year	<ul style="list-style-type: none"> - Join the RECIPE OF THE WEEK email list to receive healthy recipes that are tested by the wellness coordinator. - Onsite TOBACCO CESSATION classes are offered through Workforce Health. Free for employees and spouses! - YOUR WEIGH TO WELLNESS is a free 12-week weight loss program offered by Workforce Health. Health educators will facilitate a 30 minute group meeting that covers weight management fundamentals. - MINDFULNESS 101 is a stress management course aimed to help employees become more present in their everyday life and master stress in a variety of ways. - YOU CHOOSE! 7 DAY NUTRITION CHALLENGE is an initiative to help you eat better. Join the initiative to receive a new nutrition related challenge each month that you're asked to do for seven days. - Participate in YOGA FOR A CAUSE to support a charity and get some stretching in at the same time. Each month a yoga studio from the Milwaukee area will teach classes and all proceeds go to charity. Yoga for a Cause is regularly at the Courthouse, but will also be at other locations in the County. - If you were identified as being high risk or very high risk through the health assessment remember you need to complete a HEALTH COACHING session once a quarter in order to continue receiving reduced premiums. The quarterly deadlines are June 15th, September 15th, and December 15th. - Take a BREAK WITH WORKFORCE HEALTH in April, July, and October. Health educators will be onsite at County facilities offering a nutrition tip, stretching exercises, and blood pressure checks. - Check out TRAINING AND DEVELOPMENT'S latest training schedule for any wellness offerings.
January – March	<ul style="list-style-type: none"> - ANNUAL HEALTH RISK ASSESSMENTS will be conducted by Froedtert Workforce Health from January 4th to March 3rd. Call Workforce Health at 414-777-3446 for any questions or to schedule an appointment. - WINTERFEST 2016 will be around the end of January at Whitnall Park. Come enjoy sledding, snow shoeing, and cross country skiing with other County employees.
April – June	<ul style="list-style-type: none"> - COMMUNITY SUPPORTED AGRICULTURE program, through Growing Power, will start back up early April. Fruits and vegetables can be delivered weekly to your worksite if you participate in this program. - VOLLEYBALL TOURNAMENT will be in mid-April. Start thinking about your team! - The popular TEAM EXERCISE CHALLENGE will start back up in April. - BIKE TO WORK DAY will be in early June. Dust off your bike and join us!
July - September	<ul style="list-style-type: none"> - Starting in August, you and your family members are welcome to join other County employees in volunteering at the HUNGER TASK FORCE FARM. Employees typically volunteer once a month through October. - In July, an organized KICKBALL TOURNAMENT will take place with County employees at a County park. - The annual EMPLOYEE 5K FUN RUN/WALK will be in late August. Start training now!
October – December	<ul style="list-style-type: none"> - The wellness program will again partner with Risk Management to help promote back health through an initiative called BACK BLITZ. - MAINTAIN, NO GAIN weight management challenge will be back the week of Thanksgiving. Use this challenge to help you get ready for the upcoming health assessments in the New Year!