Senior Fitness Centers

Kelly
(414) 481-9611

McGovern
(414) 527-0990

Washington Park
(414) 933-2332

Wilson Park
(414) 282-5566

Clinton & Bernice Rose
(414) 263-2255

Grobschmidt
(414) 768-8045

OASIS
(414) 647-6041

The Milwaukee County Department on Aging wellness programs empower older adults to take control of their health. The Milwaukee County Commission on Aging Wellness Council promotes the eight dimensions of wellness as a way to achieve optimal health.

The 8 dimensions of wellness are:

- Physical
- Intellectual
- Social
- Emotional
- Spiritual
- Financial
- Environmental
- Vocational

Milwaukee County Dept. on Aging
1220 W. Vliet Street, Room 302
Milwaukee, WI 53208
(414) 289-6874
www.county.milwaukee.gov/aging

Interfaith Older Adult Programs
600 W. Virginia Street,
3rd Floor
Milwaukee, WI 53204
(414) 291-7500
www.interfaithmilw.org

Arthritis Foundation - Upper Midwest Region
10427 W. Lincoln Avenue
Suite 1300
West Allis, WI
(414)239-6183
www.arthritis.org

The Milwaukee County Department on Aging wellness programs are coordinated in a cooperative effort with Interfaith Older Adult Programs and the Arthritis Foundation. For more information about the evidence based prevention programs or other wellness initiatives please contact the Department on Aging at (414) 289-6874 or go to our website: www.county.milwaukee.gov/aging

Milwaukee County
Department on Aging

Wellness is Your Choice

For more information call
414-289-6352

Senior Friendly Fitness Centers

Adults can participate in free health and fitness programs at seven fitness centers located in Milwaukee County senior centers. Fitness Centers provide equipment designed to help older adults improve strength and flexibility. They are staffed by either volunteer hosts or part time staff who have knowledge of the equipment.

To register for the fitness centers, contact the Senior Center staff at the location of your choice. Phone numbers for each center are listed on the opposite page.

All participants must complete required paperwork and attend an orientation.

Evidence Based Prevention Programs

The Milwaukee County Department on Aging currently provides four evidence based prevention programs (EBPP'S) in English and two in Spanish. These programs have been researched and proven to result in positive outcomes. A description of the English programs are provided.

Powerful Tools for Caregivers

Powerful Tools for Caregivers is a low cost workshop designed to help caregivers cope with the challenges that happen while they are caregiving.

Six weekly sessions cover these topics:

- Reducing stress
- Dealing with anger and/or depression
- Time management
- Problem Solving
- Mastering care-giving transitions

Living Well with Chronic Conditions

Living Well with Chronic Conditions is a free workshop for people with lifelong health conditions, such as:

- Heart disease
- Arthritis
- Diabetes

Six weekly sessions cover these topics:

- Pain and fatigue
- Eating well/Healthy eating
- Fun ways to get active
- Tips for talking with your doctor and family

Living Well works: People who take the workshop report:

- Improved general health
- Fewer hospitalizations
- More control in their lives
- Less pain and more energy
- Support from their peers

Call (414) 289-6352 or go to www.county.milwaukee.gov/aging for upcoming workshops

"Stepping On" Fall Prevention

Stepping On is a free workshop designed for those who have fallen, have a fear of falling, or are at risk for a fall. Falls are not a normal part of aging, however falls related injuries are the leading cause of death in Wisconsin.

Seven weekly sessions cover these topics:

- Strength & balance exercises
- Safe footwear
- How medication and vision problems contribute to falls
- Making your home safe

Stepping On works: People who take the workshop report:

- Improved self-confidence
- A reduced risk of falling
- A reduction in falls-related emergency room visits and hospitalizations

Stepping On is led by trained leaders with the assistance of professional health care workers including physical therapists and pharmacists.

Healthy Living with Diabetes

Healthy Living with Diabetes is a free workshop for people who have type 2 diabetes or live with someone with diabetes.

Six weekly sessions cover these topics:

- Healthy eating
- Reading nutrition labels
- Foot care
- Preventing/delaying complications
- Managing blood sugars
- Tips for talking with your doctor and family

Healthy Living with Diabetes works: People who take the workshop report:

- Improved health
- Fewer doctor visits
- More confidence managing their diabetes

Call (414) 289-6352 or go to www.county.milwaukee.gov/aging for upcoming workshops