

Health & Wellness Workshops

We are committed to improving the health and wellness of older adults in Milwaukee County. Together with our community partners, we offer wellness and prevention programs that promote healthy aging in areas including caregiving, chronic conditions, falls prevention and physical activity.

SIGN UP FOR A WORKSHOP NEAR YOU!

- ◆ **Mind Over Matter**: Tuesdays, 3/11/25, 3/25/25 & 4/8/25, 9:15-11:15am
Location: VMP Healthcare and Community Living, 8536 W Oklahoma Ave, West Allis
To register call: 414-607-4235
- ◆ **Stepping On**: Thursdays, 1/16/25-3/6/25, 9:45-11:45am
Location: online/virtual
To register call: 414-777-7700 Suggested Contribution: \$20
- ◆ **Stepping On**: Mondays, 3/3/25-4/14/25, 10:30am-12:30pm
Location: Wilson Park Senior Center, 2601 W Howard Ave, Milwaukee
To register call: 414-282-5566
- ◆ **Stepping On**: Tuesdays, 3/4/25-4/15/25, 12:15-2:15pm
Location: McGovern Park Senior Center, 4500 W Custer Ave, Milwaukee
To register call: 414-527-0990
- ◆ **Stepping On**: Fridays, 3/7/25-4/18/25, 10:00am-12:00pm
Location: Clinton Rose Senior Center, 3045 N MLK Jr Dr, Milwaukee
To register call: 414-263-2255
- ◆ **Stepping On**: Wednesdays, 3/12/25-4/23/25, 10:00am-12:00pm
Location: Aurora St Luke's South Shore, 5900 S Lake Dr, Cudahy
To register call: 414-489-4072

Transportation to these workshops is available through OATS Transportation.



MILWAUKEE COUNTY
DEPARTMENT OF HEALTH
& HUMAN SERVICES
**AGING & DISABILITIES
SERVICES**



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◆ **Gente Fuerte (Strong Bodies-Spanish version):**

Mondays/Wednesdays, starting in February, 10:00-11:00am

Location: UCC Senior Center, 1028 S 9 St, Milwaukee

For more information and to register call: 414-897-5569

◆ **Gente Fuerte (Strong Bodies-Spanish version):**

Tuesdays/Thursdays, starting in February, 8:30-9:30am

Location: Sixteenth Street Community Health Center, 1032 S Cesar E Chavez Dr, Milwaukee

For more information and to register call: 414-897-5569

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