



Milwaukee County Stepping On Workshops



Stepping on for falls preventions. Stepping On workshops meet for 2 hours, every week for 7 weeks. The class is free with a \$20 deposit for the use of a weight during the workshop (unless otherwise noted).

The Community Learning Center

Wednesdays 12:30 – 2:30 p.m.
February 20 – April 3
5650 Parking Street
414-423-2110

Kelly Senior Center

Tuesdays 10:00 a.m. – 12:00 p.m.
February 26 – April 9
6100 S. Lake Drive, Cudahy
414-481-9611
Cost: Free with optional \$10 for weights

Franklin Public Library

Tuesdays 1:00-3:00pm
March 5 – April 23
9151 W. Loomis Rd, Franklin
414-425-9101

Aurora Sinai Medical Center

Thursdays 1:30-3:30 p.m.
April 4 – May 16
945 N. 12th St.
414-219-5241

Aurora South Shore

Tuesdays 10:00 a.m. – 12:00 p.m.
April 16 – May 28
5900 S. Lake Drive, Cudahy
414-489-4072

Shorewood Senior Resource Center

Tuesdays 1:00 - 3:00 p.m.
April 23 – June 4
3920 N. Murray Ave, Shorewood
414-847-2713

Oak Creek Civic Center

Thursdays 9:00-11:00am
May 2 – June 13
8040 S. 6th Street, Oak Creek
414-766-7950

Laurel Oaks

Tuesdays 9:30 – 11:30 a.m.
June 11 – July 23
1700 W. Bender Ave, Glendale
414-847-2713



Milwaukee County Department on Aging

Committed to the Independence and Dignity of Older Adults through Advocacy, Leadership and Service

Aurora Sinai Medical Center

Thursdays 1:30-3:30 p.m.

July 11 – August 22

945 N. 12th St.

414-219-5241

Aurora South Shore

Tuesdays 10:00 a.m. – 12:00 p.m.

October 1 – November 12

5900 S. Lake Drive, Cudahy

414-489-4072

Aurora Sinai Medical Center

Thursdays 1:30-3:30 p.m.

October 3 – November 14

945 N. 12th St.

414-219-5241