

# TAKE CONTROL OF YOUR HEALTH



Milwaukee County is committed to improving the health and wellness of older adults in our community. Together with our community partners, we offer wellness programs to help you take control of your health.

- HAVE YOU FALLEN OR DO YOU HAVE A FEAR OF **FALLING**?
- DO YOU HAVE A **CHRONIC CONDITION**?
- ARE YOU STRUGGLING WITH **PAIN**?
- DO YOU STRUGGLE WITH **INCONTINENCE**?
- DO YOU WANT TO BE MORE **PHYSICALLY ACTIVE**?

WE ALSO HAVE  
PROGRAMS  
FOR  
CAREGIVERS!

## Learn More and Register for an Upcoming Session!

Visit [county.milwaukee.gov/aging#wellness](https://county.milwaukee.gov/aging#wellness) or call (414) 289-6352 for more information and a schedule of workshops.

Scan with the camera  
on your phone to  
learn more

