



Be a Leader!

Help yourself and your community to better health - become a leader for one of our wellness workshops. You'll receive training and support to provide strategies for adults to help them live healthier lives. Trainings available Spring 2021. Call (414) 289-6352 to learn more.

Stepping On | Living Well with Chronic Conditions | Powerful Tools for Caregivers | Healthy Living with Diabetes
Mind Over Matter | Physical Activity for Lifelong Success | Healthy Living with Chronic Pain | Walk With Ease



MILWAUKEE COUNTY
Department on Aging



county.milwaukee.gov/aging (414) 289-6874