

Health & Wellness Workshops

Telephone Programs

Take charge of your health and sign up for a telephone workshop! No computer needed! Meet other participants and the workshop leader on a weekly call. You'll get a reference book and materials mailed to you for the workshop. The work is done on your own time, at your convenience and the calls are one day a week for 6 weeks.

Healthy Living With Diabetes

Tuesdays, January 18 - February 22 at 12:30pm

Living Well with Chronic Conditions

Wednesdays, February 2 - March 9 at 11:00am

Healthy Living with Chronic Pain

Mondays, February 7 - March 10 at 10:30am



To register for any of these workshops, please contact:
Jennifer.lefeber@milwaukeecountywi.gov or (414) 289-6352

For more information or to learn of other upcoming workshops visit:
county.milwaukee.gov/aging



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



HEALTHY LIVING WITH DIABETES

Feel better and have more control over your diabetes with this 6-week (once-a-week) program. This program is for adults 18 and older with pre-diabetes or type 2 diabetes. Participants will learn healthy eating, stress management, exercise & relaxation techniques, communicating effectively with family & healthcare providers and goal setting. It has been shown to decrease emergency department visits by 53%!

HEALTHY LIVING WITH CHRONIC PAIN

Maintain an active and fulfilling life with this 6-week (once-a-week) program. This program is for adults 18 and older who have-or are living with someone who has-ongoing or persistent pain. Participants will learn skills and strategies to manage their pain including: gentle exercises & relaxation, stress management, medications, communication skills, as well as goal setting and problem solving. Improve your overall quality of life by joining a workshop today!

LIVING WELL WITH CHRONIC CONDITIONS

Feel better and be in control of your life! This program is for adults 18 and older who have-or are living with someone who has-one or more ongoing health problems such as asthma, arthritis, heart disease, high blood pressure and others. Participants will learn exercise & relaxation techniques, healthy eating & nutrition, goal setting, stress & depression management, communication skills and problem solving. It has shown to reduce emergency department visits by 27%!

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