

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!

- ◆ **Healthy Living with Chronic Pain**: Mondays, 10/2/23-11/6/23, 1:00-1:45pm
Location: Telephone conference
To register call: 414-289-6352 (deadline to register 9/18/23)
- ◆ **Healthy Living with Diabetes**: Tuesdays, 10/24/23-11/28/23, 1:00-1:45pm
Location: Telephone conference
To register call: 414-289-6352 (deadline to register 10/10/23)
- ◆ **Mind Over Matter**: Thursdays, 10/19/23, 11/2/23 & 11/16/23, 1:00-3:00pm
Location: Franklin City Hall, 9229 W Loomis Rd, Franklin
To register call: 414-425-9101 Cost: \$10
- ◆ **Savvy Caregiver**: Wednesdays, 10/4/23-11/8/23, 3:30-5:30pm
Location: Washington Park Library, 2121 N Sherman Blvd, Milwaukee
To register call: 414-289-6259
- ◆ **Walk With Ease**: Tuesdays & Thursdays, 10/3/23-11/16/23, 10:00-11:00am
Location: St Stephen the Martyr Lutheran Church, 6101 S 51 St, Greendale
To register call: 414-423-2110

For information on other program offerings visit: county.milwaukee.gov/aging



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



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- ◆ **Stepping On**: Thursdays, 10/5/23-11/16/23, 1:30-3:30pm
Location: Aurora Research Institute, 960 N 12 St, Milwaukee
To register call: 414-219-5241

- ◆ **Stepping On**: Wednesdays, 10/11/23-11/22/23, 12:15-2:15pm
Location: McGovern Park Senior Center, 4500 W Custer Ave, Milwaukee
To register call: 414-527-0990

- ◆ **Stepping On**: Wednesdays, 10/18/23-12/6/23 (no class 11/22/23), 1:45-3:45pm
Location: Siloah Lutheran, 3721 N 21 St, Milwaukee
To register call: 414-289-6352

- ◆ **Stepping On**: Thursdays, 10/26/23-12/21/23 (no class 11/2 or 11/23), 10:00am-12:00pm
Location: St Bernadette Catholic Parish, 8200 W Denver Ave, Milwaukee
To register call: 414-358-4600 ext. 158

- ◆ **Stepping On**: Thursdays, 12/7/23-1/25/24 (no class 12/28), 2:00-4:00pm
Location: Online (must have access to a computer with internet and camera)
To register call: 414-777-7700 press option 4

