

# 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!

- ◆ **Boost Your Brain & Memory**: Fridays, 9/1/23-10/27/23 (no class 9/15), 9:00-10:30am  
**Location:** Kelly Senior Center 6100 S Lake Dr, Cudahy  
**To register call: 414-481-9611 Ext 2 Cost: Free**
- ◆ **Boost Your Brain & Memory**: Thursdays, 9/28/23-11/16-23, 1:00-2:30pm  
**Location:** Shorewood Senior Resource Center 2101 E Shorewood Blvd, Shorewood  
**To register call: 414-847-2727 Cost: Free**
- ◆ **Healthy Living with Diabetes**: Thursdays, 7/6/23-8/10/23, 10:00am-12:30pm  
**Location:** Greenfield City Hall 7325 W Forest Home Ave, Greenfield  
**To register call: 414-329-5275 Cost: Free**
- ◆ **Healthy Living with Diabetes**: Tuesdays, 8/22/23-9/26/23, 1:00-1:45pm  
**Location:** Telephone conference  
**To register call: 414-289-6352 (deadline to register 8/8/23) Cost: Free**
- ◆ **Mind Over Matter**: Thursdays, 9/7/23, 9/21/23 & 10/5/23, 1:30-3:30pm  
**Location:** Community Learning Center, 5950 Parking St, Greendale  
**To register call: 414-423-2110 Cost: Free**
- ◆ **Savvy Caregiver**: Tuesdays, 7/11/23-8/15/23, 10:00am-12:00pm **Location:** online  
**To register call: 414-289-6259 Cost: Free**
- ◆ **Stand Up & Move More**: Fridays, 7/7/23-7/28/23, 9:30-11:30am  
**Location:** Kelly Senior Center 6100 S Lake Dr, Cudahy  
**To register call: 414-704-9096 Cost: Free**

For information on other program offerings visit: [county.milwaukee.gov/aging](https://county.milwaukee.gov/aging)



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



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## **SIGN UP FOR A WORKSHOP NEAR YOU!**

- ◆ **Stand Up & Move More**: Mondays, 7/10/23-7/31/23, 9:30-11:30am  
**Location**: Washington Park Senior Center 4420 W Vliet St, Milwaukee  
**To register call: 414-933-2332 Cost: Free**
- ◆ **Stand Up & Move More**: Tuesdays, 7/11/23-8/1/23, 9:30-11:30am  
**Location**: McGovern Park Senior Center, 4500 W Custer Ave, Milwaukee  
**To register call: 414-704-9096 Cost: Free**
- ◆ **Stand Up & Move More**: Tuesdays, 8/8/23-8/29/23, 10:00am-12:00pm  
**Location**: St. Matthew Church, 1615 N Wauwatosa Ave, Wauwatosa  
**To register call: 414-289-6352 Cost: Free**
- ◆ **Stepping On**: Wednesdays, 8/16/23-10/4/23 (no class 9/13), 9:00-11:00am  
**Location**: South Milwaukee City Hall, 2424 15th Ave, South Milwaukee  
**To register call: 414-768-8055 Cost: \$10**
- ◆ **Stepping On**: Thursdays, 8/24/23-10/5/23, 9:30-11:30am  
**Location**: Greenfield City Hall, 7325 W Forest Home Ave, Greenfield  
**To register call: 414-329-5275 Cost: Free**
- ◆ **Stepping On**: Tuesdays, 9/5/23-10/17/23, 2:30-4:30pm  
**Location**: Kelly Senior Center 6100 S Lake Dr, Cudahy  
**To register call: 414-481-9611 Ext 2 Cost: Free**
- ◆ **Stepping On**: Wednesdays, 9/6/23-10/18/23, 1:00-3:00pm  
**Location**: Oak Creek Civic Center, 8040 S 6th St, Oak Creek  
**To register call: 414-766-7950 Cost: \$10**
- ◆ **Walk With Ease**: Mondays, Wednesdays, Thursdays, 9/11/23-10/19/23  
**Location**: West Allis Senior Center, 7001 W National Ave, West Allis  
**To register call: 414-302-8716 Cost: Free**

