

Health & Wellness Workshops

From Your Own Home

Take charge of your health and sign up for a telephone workshop! No computer needed. Join from the comfort of your own home! 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. Weekly calls are about 45 minutes to one hour.

Healthy Living with Chronic Pain

If living with ongoing pain is keeping you from doing the things you want to do, this program can help by giving you the tools and strategies to manage your pain. For adults 18 and older.



Mondays, February 24 - April 7, 2025 (no class 3/24)
at 1:00p.m.

(Deadline to register is February 10)

To register call: Jennifer Lefeber at 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
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