

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!

- ◆ **Living Well with Chronic Conditions**: Tuesdays, 6/11/24-7/16/24, 9:00-11:30am
Location: West Allis Senior Center, 7001 W National Ave, West Allis
To register call: 414-302-8700
- ◆ **Mind Over Matter**: Wednesdays, 4/3/24, 4/17/24 & 5/1/24, 1:30-3:30pm
Location: Greenfield Community Center, 7215 W Coldspring Rd, Greenfield
To register call: 414-329-5371 Suggested Contribution: \$20
- ◆ **Savvy Caregiver**: Tuesdays, 6/4/24-7/9/24, 10:00am-12:00pm
Location: online (virtual)
To register call: 414-289-5792
- ◆ **Stepping On**: Wednesdays, 4/3/24-5/15/24, 9:30-11:30am
Location: Franklin Public Library, 9151 W Loomis Rd, Franklin
To register call: 414-427-7533 Suggested Contribution: \$10
- ◆ **Stepping On**: Wednesdays, 4/3/24-5/15/24, 1:00-3:00pm
Location: Village at Manor Park, 3023 S 84 St, West Allis
To register call: 414-302-8700
- ◆ **Stepping On**: Thursdays, 4/4/24-5/16/24, 1:30-3:30pm
Location: Aurora Research Institute, 960 N 12 St, Milwaukee
To register call: 414-219-5241

Transportation to these workshops is available through OATS Transportation.

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**: Tuesdays, 4/9/24-5/21/24, 9:00-11:00am
Location: Wauwatosa City Hall, 7725 W North Ave, Wauwatosa
To register call: 414-479-8936
- ◆ **Stepping On**: Wednesdays, 4/10/24-5/22/24, 1:00-3:00pm
Location: Oak Creek City Hall, 8640 S Howell Ave, Oak Creek
To register call: 414-766-7950
- ◆ **Stepping On**: Wednesdays, 4/17/24-5/29/24, 9:30-11:30am
Location: Kelly Senior Center, 6100 S Lake Dr, Cudahy
To register call: 414-481-9611
- ◆ **Stepping On**: Wednesdays, 4/24/24-6/5/24, 9:00-11:00am
Location: South Milwaukee Administration Building, 2424 15 Ave, South Milwaukee
To register call: 414-768-8055
- ◆ **Stepping On**: Thursdays, 5/2/24-6/20/24, 9:30-11:30am **(no class 5/16)**
Location: St Catherine of Alexandria Catholic Parish, 9661 N 76 Pl, Milwaukee
To register call: 414-358-4600
- ◆ **Stepping On**: Tuesdays, 5/28/24-7/9/24, 9:45-11:45am
Location: St Matthews Lutheran Church, 1615 N Wauwatosa Ave, Wauwatosa
To register call: 414-777-7700 option 4 Suggested Contribution: \$10
- ◆ **Walk With Ease**: Mondays, Tuesdays & Thursdays 4/9/24-5/20/24, 10:00-11:00am
Location: Wilson Park Senior Center, 2601 W Howard Ave, Milwaukee
To register call: 414-282-5566

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