

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**: Thursdays, 4/17/25-6/12/25 (no class 4/24), 10:00-11:30am
Location: Shorewood Senior Resource Center, 2101 E Shorewood Blvd, Shorewood
To register call: 414-289-5792
- ◆ **Healthy Living with Diabetes**: Mondays, 5/5/25-6/16/25 (no class 5/26), 1:00-3:30pm
Location: Clement Manor-Center for Enrichment, 9405 W Howard Ave., Milwaukee
To register call: 414-546-7990
- ◆ **Mind Over Matter**: Wednesdays, 5/21/25, 6/4/25 & 6/18/25, 9:30-11:30am
Location: Franklin City Hall, 9229 W Loomis Rd., Franklin
To register call: 414-427-7535 **Suggested Contribution: \$10**
- ◆ **Powerful Tools for Caregivers**: Wednesdays, 4/30/25-6/4/25, 10:00-11:30am
Location: Luther Manor Faith & Education Center, 4545 N 92 St., Wauwatosa
To register call: 414-309-7179

Voluntary donations accepted to support these programs.

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**: Wednesdays, 4/2/25-5/14/25, 9:30-11:30am
Location: Hart Park Senior Center, 7300 W Chestnut St., Wauwatosa
To register call: 414-479-8936
- ◆ **Stepping On**: Wednesdays, 4/2/25-5/14/25, 10:00am-12:00pm
Location: Aurora West Allis Medical Center, 8901 W Lincoln Ave., West Allis
To register call: 414-328-6633
- ◆ **Stepping On**: Wednesdays, 4/2/25-5/14/25, 1:00-3:00pm
Location: VMP Wesley Park, 8621 W Beloit Rd., West Allis
To register call: 414-302-8700
- ◆ **Stepping On**: Thursdays, 4/3/25-5/15/25, 1:30-3:30pm
Location: Aurora Sinai Medical Center, 945 N 12 St., Milwaukee
To register call: 414-219-5241
- ◆ **Stepping On**: Thursdays, 4/3/25-5/15/25, 9:00-11:00am
Location: Grobschmidt Center, 2424 15th Ave., South Milwaukee
To register call: 414-768-8055 Suggested Contribution: \$10
- ◆ **Stepping On**: Wednesdays, 4/16/25-5/28/25, 1:00-3:00pm
Location: Oak Creek City Hall, 8040 S 6th St., Oak Creek
To register call: 414-766-7950

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