

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 programs that promote healthy aging in areas such as managing chronic conditions, falls prevention, physical activity, and caring for the caregiver.

NEW program

Tai Chi Prime



Mondays/Wednesdays, July 20-August 26



10:15-11:30am



Wilson Park Senior Center
2601 W Howard Ave, Milwaukee



414-282-5566



Boost Your Brain and Memory



Mondays, August 3-September 28



6:00-7:30pm



St Francis Public Library
4230 Nicholson Ave, St. Francis



(414) 731-0891



Stand Up for Your Health



Tuesdays, August 18-October 6



9:30-11:30am



Clement Manor Center for Enrichment
9405 W Howard Ave, Greenfield



(414) 302-8608



Powerful Tools for Caregivers (English and Spanish)



Mondays, September 14-October 19



4:30-6:00pm *Location To Be Determined*



(414) 289-6565 (English)

(414) 758-5650 (Spanish)

HEALTH & WELLNESS WORKSHOPS

Sign up for a workshop near you!

Stepping On: Falls Prevention Workshop



Wednesday, September 2-October 13



9:00-11:00am *\$10 suggested donation*



South Milwaukee Grobschmidt Center
2424 15th Ave, South Milwaukee



(414) 768-8055



Tuesday, September 8-October 20



9:30-11:30am



Wauwatosa City Hall, Upper Civic Center
7725 W North Ave, Wauwatosa



(414) 479-8936



Wednesday, September 16-October 28



10:00am-12:00pm



Aurora West Allis Medical Center
8901 W Lincoln Ave, West Allis



(414) 328-6633



Thursday, October 1-November 12



1:30-3:30pm *\$10 suggested donation*



Greendale Health Department
5650 Parking St, Greendale



(414) 423-2110

Voluntary donations accepted.

Transportation may be available through OATS Transportation. (414) 289-6874

CONTACT US



(414) 309-8766



evidencebasedprograms@milwaukeecountywi.gov

Please Join Us!



county.milwaukee.gov/aging



Find descriptions and additional class offerings on our website!