

City of Milwaukee Challenge: 30 days to better labs

Stack the deck in your favor!

Challenge any “less than optimal” lab values and make this your best health screening ever! Serious side effects include feeling better, possible weight loss, and favorable cholesterol, triglycerides and blood glucose values. It’s a winning hand any way you look at it.

DATES:	TIMES:	LOCATIONS
Thursdays – July 9, 16, 23, 30	11:00 a.m. – 2:00 p.m.	Municipal Court Resource Room (next to Branch 3 courtroom)
Thursdays – July 9, 16, 23, 30	3:00 – 6:00 p.m.	Telecommunications Conf. Room 302 (Police District #3, 2333 N. 49 th Street)
August 6 – 27	11:00 a.m. – 2:00 p.m.	Municipal Court Resource Room (next to Branch 3 courtroom)
August 6 – 27	3:00 – 6:00 p.m.	Telecommunications Conf. Room 302 (Police District #3, 2333 N. 49 th Street)

1. Notify your on-site health coach that you would like to participate before **July 9**. Sign up for an appointment. *Walk-ins welcome, but scheduled appointments will have priority.*
 - Review previous lab results
 - Discuss intended changes - and expected outcomes
 - Week 1: Steps to optimize cholesterol
2. Then, every **Thursday**, pick up your log for the week. Each week focuses on a specific lab value. If you would like to discuss your progress or if you have questions along the way, you can make a 15 minute appointment.
 - Week 2: Steps to optimize glucose
 - Week 3: Steps to optimize triglycerides
 - Week 4: Steps to optimize blood pressure

