



**City of Milwaukee
Wellness Your Choice Milwaukee
Healthy Rewards Program**



FREE Onsite Health Educator Opportunities

Participants can utilize the time slots below to complete a 15-minute coaching session, have a retest of their blood pressure or waist circumference or to turn in Healthy Rewards paperwork. While there is a maximum number of points a participant can receive for these visits, you are welcome to visit a health educator whenever needed.

Wellness Center- Located in the Ziedler Building near the Market Street entrance

Day	Time
Monday	8:00 a.m. to 3:30 p.m.
Tuesday	9:30 a.m. to 1:30 p.m. (Registered Dietitian)
Wednesday	8:00 a.m. to 3:30 p.m.
Thursday	8:00 a.m. to 3:30 p.m.

DPW Headquarters- Located at 3850 N 35th Street

2nd Wednesday of the Month	7:00 a.m. to 12:30 p.m.	Nutrition Coaching
Wednesday	2:00 p.m. to 4:00 p.m.	Blood Pressure Checks

DPW Electrical – Located at 1540 W Canal Street

4th Wednesday of the Month	7:00 a.m. to 11:00 a.m.	Nutrition Coaching
Wednesday	7:00 a.m. to 10:30 a.m.	Blood Pressure Checks

DPW Central Repair Garage- Located at 2142 W Canal Street

Wednesday	11:00 a.m. to 1:00 p.m.	Blood Pressure Checks
-----------	-------------------------	-----------------------

For more information on the Healthy Rewards program:
 Visit the DER website: www.milwaukee.gov/der/HealthyRewards
 E-Mail cityofmke@froedtert.com
 Call 414-777-3410