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# Upcoming Programs for Healthy Rewards Points



- For updates to this document and more information about the 2016-2017 Healthy Rewards Program go to: [www.milwaukee.gov/HealthyRewards](http://www.milwaukee.gov/HealthyRewards)
- For information and hours of operation for the *Wellness Center* and the *Workplace Clinic* go to the “Wellness...Your Choice Milwaukee” page: [www.milwaukee.gov/der/WYCM](http://www.milwaukee.gov/der/WYCM)
- *There is a 15 points maximum for “Lunch and Learns.”*
- *For the “EAP Lunch & Learns” **advance registration is required** through your **Training Information Coordinator**. Provide the Course Number and your 6-digit employee ID number. For course descriptions, go to [www.milwaukee.gov/der/Training](http://www.milwaukee.gov/der/Training) and download the **Bulletin of Courses**.*

PROGRAM NAME	DATE/TIME	LOCATION	REGISTRATION INSTRUCTIONS	# OF POINTS
<b>Ongoing:</b> <i>Telephonic Coaching</i>	Various Dates/Times	Telephone	Register online at <a href="http://www.pickatime.com/healthyrewards">www.pickatime.com/healthyrewards</a>	10
<b>Ongoing:</b> <i>In-Person Coaching</i>	Various Dates/Times	Wellness Center Zeidler Muni Bldg Market St. entrance	Call (414) 777-3413 to schedule an appointment. <i>Drop-ins welcome on first come, first served basis.</i>	10
<b>Ongoing:</b> <i>Nutrition Coaching with Registered Dietitian</i>	Various Dates/Times	Wellness Center Zeidler Muni Bldg Market St. entrance	Call (414) 777-3413 to schedule an appointment. <i>Drop-ins welcome on first come, first served basis.</i>	10
<b>Ongoing:</b> <i>Wellness Walks</i>	Wednesdays 12:00 p.m. <i>(Minimum of 30 minutes)</i>	Wellness Center Zeidler Muni Bldg Market St. entrance	No pre-registration necessary	5
<b>Ongoing:</b> <i>Blood Pressure Checks</i>	Wednesdays Various Times	Various Locations	For times and locations see flyer at <a href="http://www.milwaukee.gov/der/WYCM">www.milwaukee.gov/der/WYCM</a>	5**
<b>**Complete 5 blood pressure checks and earn 5 Healthy Rewards points.</b>				
<i>Introduction to Mindfulness and Yoga</i>	Monday, January 23 4:30 – 5:15 p.m.	City Hall, Room 303 <i>(go left when you exit the elevator)</i>	No pre-registration necessary	5
<i>Fitting Exercise into A Busy Schedule</i>	Wednesday, February 1 12:00 – 12:30 p.m.	City Hall, Room 303 <i>(go left when you exit the elevator)</i>	No pre-registration necessary	5
<i>Fitting Exercise into A Busy Schedule</i>	Wednesday, February 1 12:30 – 1:00 p.m.	City Hall, Room 303 <i>(go left when you exit the elevator)</i>	No pre-registration necessary	5
<i>EAP Lunch &amp; Learn: Developing Mindfulness</i>	Tuesday, February 7 12:00 – 1:00 p.m.	City Hall, Room 301-A <b>Course #EAP24</b>	<b>Advanced registration required</b> with your <a href="#">Training Information Coordinator</a>	5
<i>Changing Our Behaviors</i>	Thursday, February 9 12:30 – 1:00 p.m.	Municipal Court 951 N. James Lovell St. <i>Branch 3 Court Room</i>	No pre-registration necessary	5



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<i>EAP Lunch &amp; Learn: Building Emotional Resiliency</i>	Tuesday, February 14 12:00 – 1:00 p.m.	City Hall, Room 301-A <b>Course #EAP21</b>	<b>Advanced registration required</b> with your <a href="#">Training Information Coordinator</a>	5
<i>Discover New Food Labels</i>	Tuesday, February 14 2:00 – 2:30 p.m.	Central Library 814 W. Wisconsin Ave	No pre-registration necessary	5
<i>Discover New Food Labels</i>	Tuesday, February 14 2:30 – 3:00 p.m.	Central Library 814 W. Wisconsin Ave	No pre-registration necessary	5
<i>EAP Lunch &amp; Learn: Assertiveness Training</i>	Tuesday, February 21 12:00 – 1:00 p.m.	City Hall, Room 303 <b>Course #EAP19</b>	<b>Advanced registration required</b> with your <a href="#">Training Information Coordinator</a>	5
<i>EAP Lunch &amp; Learn: Workplace Negativity</i>	Tuesday, February 28 12:00 – 1:00 p.m.	City Hall, Room 303 <b>Course #EAP10</b>	<b>Advanced registration required</b> with your <a href="#">Training Information Coordinator</a> <b>Only open to current Managers and Supervisors</b>	5
<i>EAP Lunch &amp; Learn: Visual Brainstorming/ Problem Solving</i>	Tuesday, March 7 12:00 – 1:00 p.m.	City Hall, Room 303 <b>Course #EAP12</b>	<b>Advanced registration required</b> with your <a href="#">Training Information Coordinator</a>	5
<i>EAP Lunch &amp; Learn: Professionalism</i>	Tuesday, March 14 12:00 – 1:00 p.m.	City Hall, Room 303 <b>Course #EAP16</b>	<b>Advanced registration required</b> with your <a href="#">Training Information Coordinator</a>	5
<i>EAP Lunch &amp; Learn: Stress Reduction</i>	Tuesday, March 21 12:00 – 1:00 p.m.	City Hall, Room 303 <b>Course #EAP13</b>	<b>Advanced registration required</b> with your <a href="#">Training Information Coordinator</a>	5
<i>EAP Lunch &amp; Learn: Mgmt Through Organizational Change</i>	Tuesday, March 28 12:00 – 1:00 p.m.	City Hall, Room 303 <b>Course #EAP14</b>	<b>Advanced registration required</b> with your <a href="#">Training Information Coordinator</a> <b>Only open to current Managers and Supervisors</b>	5



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### **CITY employees: If you wish to receive notices for City-sponsored in-house training programs (including programs for Healthy Rewards points), please subscribe to E-Notify.**

To ensure receipt of e-mail from Milwaukee.gov please add the following e-mail addresses to your address book or safe list. To view future e-mails please view them as HTML:

- [eservices@milwaukee.gov](mailto:eservices@milwaukee.gov)
- [MilwaukeeE-Notify@milwaukee.gov](mailto:MilwaukeeE-Notify@milwaukee.gov)

1. If you already have an E-Notify account, login and go to #6.
2. Go to: <https://itmdapps.milwaukee.gov/Enotify>
3. Click on **register**, then complete the required (\*) Fields then click on **Create Account**.
4. Check your Email for instructions on activating your account; click on the link in the Email.
5. Enter your Email address and Password to login.
6. Under **Information Updates**, check the box next to **Bulletin of Courses (for City employees only)** to complete the subscription.
7. When you are done click on **Logout**.