

Wellness Walks for Healthy Rewards Points

Join the Wellness Center for 5 walks and earn
5 Healthy Rewards points!

The walks will start at the City of Milwaukee Wellness Center at noon on Wednesdays starting January 13.

Walks will be a minimum of 30 minutes and participants should walk at a pace that is comfortable for them. Walks are rain or shine; in the case of inclement weather walks will be moved indoors.

In order for the walk to count toward your 2016 Healthy Rewards points, you must sign in at the Wellness Center prior to the walk.



Workforce Health

