

**New
Hours**

City of Milwaukee Wellness Center

The **FREE** Wellness Center is a resource designed to keep you healthy.

Location: Room 101

841 N. Broadway, Milwaukee
(Zeidler Municipal Building)

Enter through the Market St. entrance on the corner of Kilbourn Ave. and Market St.

Wellness Center Hours:

Wednesday:

8:00 a.m. - 3:30 p.m.

To make an appointment, please call **414-777-3413**.

Drop-ins are welcome on a first come, first served basis.

Cost:

The Wellness Center is **FREE** for all City of Milwaukee employees, their spouses and domestic partners. You do not need to have health insurance through the City to utilize.

Wellness Services:

- Nutrition coaching
- Weight management coaching
- Exercise coaching
- Smoking cessation coaching
- Stress management coaching
- Pre-diabetes coaching
- Blood pressure checks
- Healthy Rewards program support

City of Milwaukee

Traveling Wellness Center

This service is **FREE** and available to all City of Milwaukee employees, spouses and domestic partners.



Location	Day of the Month	Time
DPW Electrical 1540 W. Canal St.	1 st and 3 rd Wednesday of each month	7 a.m. - 9:30 a.m.
DPW Lincoln Sanitation Garage 3921 W. Lincoln Ave.		11 a.m. - 1 p.m.
DPW Ruby Sanitation Garage 3025 W. Ruby Ave.	2 nd and 4 th Wednesday of each month	9:30 a.m. - 10:30 a.m.
DPW Central Repair Garage 2142 W. Canal St.		11 a.m. - 12:30 p.m.
DPW Headquarters (Tower) 3850 N. 35 th St.		2 p.m. - 4:30 p.m.
DPW Forestry/Sanitation North 6732 N. Industrial Rd.	1 st Thursday of each month	7 a.m. - 8 a.m.
DPW Forestry/Sanitation Central 5230 W. State St.		12:30 p.m. - 1 p.m.
Municipal Court 951 N. James Lovell St.	2 nd Thursday of each month	11 a.m. - 1 p.m.
DPW Forestry South 2024 W. Holt St.	4 th Thursday of each month	6:45 a.m. - 7:45 a.m.
DPW Forestry/Sanitation North 6732 N. Industrial Rd.		11:30 a.m. - 1 p.m.

Services Available:

- Weight Check
- Blood Pressure Check
- Turn in Healthy Rewards Points



No appointments necessary, drop in any time!



For more information on city-wide wellness programming visit the DER website at city.milwaukee.gov/DER/WYCM, e-mail: cityofmke@froedtert.com or call: **414-777-3410**.

Workforce Health

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