

Visit Our Pop-In Wellness Booth

Location: Zeidler Municipal Building – Fishbowl

- **October:** Monday, Oct. 19 | 9 a.m.-11 a.m.
- **November:** Wednesday, Nov. 11 | 11 a.m.-1 p.m.
- **December:** Thursday, Dec. 17 | 1 p.m.-3 p.m.

Be Calm

Ready to unwind? Spin the wellness wheel and see how much you know about managing stress. Learn quick, effective strategies to support your well-being while having a little fun!

RSVP to let us know you're coming! Log into the wellness portal and locate the "Healthy Rewards Program" at www.workforcehealth.org/cityofmilwaukee.

Healthy Reward Points: Earn 5 Healthy Reward points for each booth. Be sure to sign in with the health coach at each booth to receive your healthy rewards points.



Questions? Contact Workforce Health
at **414-777-3410**.
Monday-Friday: 7:30 a.m.-4:30 p.m.



Workforce Health