

Musculoskeletal Educational Series



Join Workforce Health, United HealthCare and Onsite EAP to learn all about how to avoid injuries, identify risk areas and how to take care of yourself when injured. This team of experts will explore various topics and help navigate all resources that are available to City employees and spouses. Each session is worth 5 Healthy Reward Points.

June: United HealthCare Nurse Liaison, Mari Cohn

Topic: Chronic Disease and Injuries - Chronic conditions can affect our physical abilities, mental health, and may increase risks for injuries. This session will provide information on how to reduce risk of injury by improving management of common chronic conditions.

Date & Time: Thursday, June 20 ● 12 - 12:30 p.m.

Registration Link: <https://uhc.webex.com/uhc/j.php?MTID=m042157d55683e209a7a2890b9b9c1a85>

July: Workforce Health Physical Therapist

Topic: Taking Care of Your Feet: Footwear Basics Led by a Froedtert Workforce Health Physical Therapist, this opportunity focuses on the anatomy and function of the foot, the origins of foot pain and injuries, and some simple tips to finding appropriate footwear.

Date & Time: Friday, July 26 ● 12 - 12:30 p.m.

Registration Link: <https://froedtert.webex.com/froedtert/onstage/g.php?MTID=e2c03926b709f7eab08dda0e04bc4cc83>

Event password: Wellness1

August: United HealthCare Nurse Liaison, Mari Cohn

Topic: Navigating Health Care Resources When Injured - This session will provide information on utilizing available and optimal resources after an injury.

Date & Time: Thursday, August 22 ● 12 - 12:30 p.m.

Registration Link: <https://uhc.webex.com/uhc/j.php?MTID=mf697bf10fd127c4126e9d014992209c3>

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September: Onsite EAP Coordinator, Cris Zamora

Topic: Injuries and Mental Health: Participants will learn what factors contribute to workplace injuries, how stress impacts our health and the relationship between mental health and injuries.

Date & Time: Wednesday, September 18 ● 12:00-12:30 p.m.

Registration Link: <https://attendee.gotowebinar.com/register/3376749082633676119>

October: Workforce Health Physical Therapist

Topic: Slips, Trips and Fall Prevention - Led by a Froedtert Workforce Health Physical Therapist, this session focuses on one of the most common work and non-work related injuries we see leading to significant orthopedic and musculoskeletal injuries, how to improve your strength and balance, and how to prevent these types of injuries.

Date & Time: Wednesday, October 25 ● 12:30-1 p.m.

Registration Link: <https://froedtert.webex.com/froedtert/onstage/g.php?MTID=eda5c329533981a74ea9807cdf7a92365>

Event password: Wellness1
