

Journey to a Healthier You

An on-site, 8-week interactive weight management program designed to give you the support and tools you need to lose weight and keep it off.

This program is **FREE** to City of Milwaukee employees and spouses.
Presented by Froedtert & MCW Workforce Health.

2019 Fall Dates:

Mondays:

Week 1 ■ Sept. 9

Week 2 ■ Sept. 16

Week 3 ■ Sept. 23

Week 4 ■ Sept. 30

Week 5 ■ Oct. 7

Week 6 ■ Oct. 14

Week 7 ■ Oct. 21

Week 8 ■ Oct. 28

Time: 4:45-5:30 p.m.

Location:

Election Commission Warehouse
1901 S. Kinnickinnic Ave.
Milwaukee

Parking and entrance located on 1st Street



Healthy Reward Points:

- Earn 10 Healthy Rewards points for attending 6 out of 8 classes.
- Earn an additional 10 points if you lose over 2 pounds by the end of the program.
- Earn an additional 5 points if you maintain your weight within 2 pounds of your initial weight.
- Maximum of 20 points can be earned.

To register, log into the wellness portal at www.workforcehealth.org/cityofmilwaukee and locate the "Healthy Rewards Program" heading. Select "Schedule Onsite Health and Wellness Programs"



Presented by



Workforce Health