

Journey to a Healthier You

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Journey to a Healthier You 2 builds on knowledge learned from the original class to support participants continued journey in weight maintenance and management. The program focuses on metabolism and brain health to give participants the tools to help with meal planning, eating a whole food diet, exercise and more!

2019/2020 Fall & Winter Dates: (Mondays)

Week 1 ■ Nov. 11	Week 5 ■ Jan. 6
Week 2 ■ Nov. 25	Week 6 ■ Jan. 13
Week 3 ■ Dec. 2	Week 7 ■ Jan. 27
Week 4 ■ Dec. 9	Week 8 ■ Feb. 3

Location:

DNS Lake Tower
3rd Floor Conference Room
4006 S. 6th Street, Milwaukee

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

This program is **FREE** to City of Milwaukee employees and spouses

Healthy Reward Points:

- Earn 10 Healthy Rewards points for attending 6 out of 8 classes.
- Earn an additional 10 points by losing over 2 pounds by the end of the program.
- Earn an additional 5 points for maintaining your weight within 2 pounds of initial start 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"



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