

# Well Together

with Workforce Health



Join us every week for a virtual and interactive conversation about well-being related topics.

**Well Together** is facilitated by Workforce Health and a way to connect with employees who have a strong desire to build on their wellness goals and initiatives, and help support others along the way. City of Milwaukee employees and spouses are welcome to participate. It's free and a fun opportunity to earn Healthy Rewards points.

## Two time slots available every Wednesday:

**8-8:30 a.m.**

**and**

**12-12:30 p.m.** (Starting August 12, 2020)

**Location: Online via WebEx**

**Facilitator: Coach Kim**

*Guest facilitators may be invited periodically*

### What to expect:

- Discuss and determine as a group what well-being topics will be explored
- Connect and chat with fellow City of Milwaukee employees and spouses
- Build a supportive environment and work together through uncertain times
- Learn about one City of Milwaukee resource that is available to you each week

### To register:

Visit the DER's wellness website and click on the '[Presentations for Healthy Reward Points](#)'

Employees and spouses must register with their PeopleSoft ID and full name to earn Healthy Rewards points. Participants must be in the online meeting room either by clicking the link in the confirmation email/calendar invite or joining the webinar via the WebEx app to have attendance tracked for Healthy Rewards points.

### Healthy Rewards:

Attend and participate each week to earn a total of 5 Healthy Reward points.

**A WebEx link will be sent to registered participants via email for each session date.**

**Call 414-777-3410 with questions.**



**Workforce Health**