



Well Together with Workforce Health

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

Well Together is facilitated by Workforce Health and a way to create space and time for your own self-care. City of Milwaukee employees and spouses are welcome to participate. It's free and a unique opportunity to earn Healthy Rewards points.

2022 Dates:

7/13, 7/27, 8/10, 8/24, 9/14, 9/28

Time: 12 - 12:30 p.m.

Location: Online via WebEx

Facilitator: Coach Kim

Guest facilitators may be invited periodically

What to expect:

- Take a mid-day breather and tune into yourself
- Discover what is important to your health in the here and now
- Cultivate mindfulness by joining in a short meditative practice
- Discuss a relevant health topic and practical behavior changes
- 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: Log into the wellness portal at www.workforcehealth.org/cityofmilwaukee and locate the "Healthy Rewards Program" heading. Select "Schedule Onsite Health and Wellness Programs." A WebEx link will be sent to registered participants via email for each session date. Call 414-777-3410 with questions.

Healthy Rewards: For each date, attend and participate to earn 5 Healthy Reward points.



Workforce Health