Mobility Break



Break up long periods of sitting with movement to boost your focus, improve your mood, and support healthy blood glucose levels. In this Mobility Break, you'll have the chance to try simple strength exercises, enjoy a relaxing stretch or head outside for a walk.

Dates and Times:

November 18
11:45 a.m. - 12:15 p.m. and 12:30 - 1 p.m.

December 9
11:45 a.m. - 12:15 p.m. and 12:30 - 1 p.m.

Location:

Zeidler Municipal Building - Fishbowl

To register,

log into the wellness portal at www.workforcehealth.org/cityofmilwaukee and locate the "Schedule Your Healthy Rewards Program Opportunities."

Healthy Reward Points:

- Earn 5 Healthy Reward points for each session.
- Make sure to check in with the health coach at the session to receive your Healthy Reward points!

WELLNESS YOUR CHOICE MILWAUKEE

Froedtert & Medical College of Wisconsin

Workforce Health

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