

Traveling Wellness



Workforce Health traveling wellness coaches will be onsite every month to check your blood pressure, schedule coaching sessions, collect Healthy Reward points and connect you to all the health and wellness resources available at the City of Milwaukee.

First Tuesday of each month

**Fire & Police
Academy
9-10:30 a.m.**

**DPW
State Street
Sanitation/
Forestry Central
11:30 a.m.-1 p.m.**

Second Tuesday of each month

**DPW
Forestry South
6:45-7:45 a.m.**

**MPD
Telecommunications
8:30-9:30 a.m.**

Third Tuesday of each month

**MPD District 2
9-10 a.m.**

**MPD District 6
11 a.m.-12:30 p.m.**

**MPD District 1
2-3 p.m. & 3-4 p.m.**

**MFD Admin
1-1:30 p.m.**

Fourth Wednesday of each month

**DPW Electrical
Services
7-8:30 a.m.**

**MPD District 4
11:30 a.m.-12:30 p.m.**

**DPW HQ
2-4 p.m.**

**MFD Shop
9-10 a.m.**

Reminder: If you cannot attend a traveling wellness location, you can have your blood pressure taken at the Workplace Clinic and/or schedule a virtual appointment with a health coach through the Wellness Portal.



Contact Workforce Health if you have any questions or new location suggestions for traveling wellness services at cityofmilwaukee@froedtert.com



Workforce Health