

Eat Right, Exercise and Recover: How to Stay Energized and Be Productive.



Learn simple and sensible tips to improve your sleep, nutrition, mental well-being and activity level to boost energy; whether you are at home or work. This 4-week program provides discussion and resources to improve your well-being and energy levels to be more productive. Join registered dietitian and health coach, Joelle, for this virtual and interactive program.

Wednesdays, 9/11, 9/18, 9/25 and 10/2
12-12:45 p.m.

Virtual via Webex

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 e-mail for each session date.

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

Weekly discussions:

Each week features a recipe that is easy and budget friendly.

- **Week 1: Sleep:** Get Your ZZZ's! Discuss ways to improve your sleep habits and sleep schedule.
- **Week 2: Nutrition:** Discuss easy tips on when and what to eat to get and stay energized.
- **Week 3: Mental well-being:** Don't let stress rob you of your energy by adding simple daily stress reducers.
- **Week 4: Exercise:** At the end of the week, all movement matters. Don't forget to fuel your fitness.



Earn 10 Healthy Rewards points for attending 3 out of 4 sessions.



Workforce Health