



# Upcoming Presentations and Lunch and Learns for Healthy Rewards Points



- For updates to this document and more information about the Healthy Rewards Program go to: [www.milwaukee.gov/HealthyRewards](http://www.milwaukee.gov/HealthyRewards)
  - For information and hours for the *Wellness Center*, *Traveling Wellness Center* and the *Workplace Clinic* go to the “Wellness Your Choice Milwaukee” page: [www.milwaukee.gov/WYCM](http://www.milwaukee.gov/WYCM)
  - *There is a 30 point maximum for “Lunch and Learns.”*
- \*\*\* For other education sessions and training courses please see the Bulletin of Courses: [www.milwaukee.gov/der/Training](http://www.milwaukee.gov/der/Training)**

PROGRAM NAME	DATE/TIME	LOCATION	REGISTRATION INSTRUCTIONS	# OF POINTS
<b>Ongoing: Telephonic Coaching</b>	Various Dates/Times	Telephone	<a href="http://www.workforcehealth.org/cityofmilwaukee">www.workforcehealth.org/cityofmilwaukee</a> locate the “Healthy Rewards Program” heading. Select “ <b>Schedule Onsite Health &amp; Wellness Programs</b> ”	10
<b>Ongoing: In-Person Coaching</b>	Various Dates/Times	Wellness Center Zeidler Muni Bldg Market St. entrance	Call (414) 777-3413 to schedule an appointment. <i>Drop-ins welcome on first come, first served basis.</i>	10
<b>Ongoing: Telephonic Nutrition Coaching with Registered Dietitian</b>	Various Dates/Times	Telephone	<a href="http://www.workforcehealth.org/cityofmilwaukee">www.workforcehealth.org/cityofmilwaukee</a> locate the “Healthy Rewards Program” heading. Click on “ <b>Schedule Onsite Health &amp; Wellness Programs</b> ”	10
<b>Ongoing: Traveling Wellness Center Blood Pressure Checks**</b>	Various Dates/ Times	Various Locations	For times and locations see the Traveling Wellness Center flyer at <a href="http://www.milwaukee.gov/WYCM">www.milwaukee.gov/WYCM</a>	5
<b>**Complete 5 blood pressure checks and earn 5 Healthy Rewards point</b>				
<b>Eating Healthfully On the Run</b>	<b>Tuesday,</b> November 12th 7:00am-7:20am	DPW Forestry North 6732 N Industrial Ave Lunch Room	No registration required	5
<b>Eating Healthfully On the Run</b>	<b>Tuesday,</b> November 12th  12:00pm-12:30pm	Southside Health Center 1639 S. 23 <sup>rd</sup> Street  2 <sup>nd</sup> Fl. Conference Rm	No registration required	5
<b>Eating Healthfully On the Run</b>	<b>Wednesday,</b> November 13th 12:00pm-12:30pm	DPW Forestry/ Sani Central 5230 W. State St 2 <sup>nd</sup> Fl. Lunch Rm	No registration required	5
<b>Understanding the Benefits Of Participating in the City of Milwaukee Deferred Compensation Plan</b>	Wednesday, November, 13th 6:00-7:00pm	Voya office 10700 W. Research Dr. Level Garden Conference Room	to register, please call, 414-286-5541	5
<b>Eating Healthfully On the Run</b>	<b>Wednesday,</b> November 13th 12:00pm-12:30pm	DPW Forestry/ Sani Central 5230 W. State St 2 <sup>nd</sup> Fl. Lunch Rm	No registration required	5

<b>Eating Healthfully On the Run</b>	Thursday, November 14th 12:00pm-12:30pm	City Hall 200 E. Wells St Room 303	No registration required	5
<b>Eating Healthfully On the Run</b>	<b>Thursday,</b> November 21st 12:00pm-12:45pm	DPW Central Garage 2124 W. Canal St 2 <sup>nd</sup> Fl. Conference Rm	No registration required	5
<b>Save for your Goals with Smart Budgeting</b>	Thursday, December 5th 6:00-7:00pm	Voya office 10700 W. Research Dr. Level Garden Conference Room	to register, please call, 414-286-5541	5
<b>Mental Health and Holidays</b>	Monday, December 9th 12:00pm-1:00pm	City Hall 200 E. Wells St Room 303	No registration required	5
<b>Estate Planning for Everyone</b>	Thursday, December 19th 12:00pm-12:45pm	DPW Fleet Services 2142 W. Canal Street. 2 <sup>nd</sup> Floor Conference Room	No Registration required,	5
<b>Mental Health and Holidays</b>	Monday, January 13th 12:00pm-1:00pm	City Hall 200 E. Wells St Room 301-A	No registration required	5
<b>EAP-Conflict Resolution</b>	Thursday, January 16th 12:00pm-12:45pm	DPW Fleet Services 2142 W. Canal Street. 2 <sup>nd</sup> Floor Conference Room	No Registration required,	5
<b>EAP-Customer Service Dealing with Difficult Customers</b>	Thursday, March 19th 12:00pm-12:45pm	DPW Fleet Services 2142 W. Canal Street. 2 <sup>nd</sup> Floor Conference Room	No Registration required,	5

R.11/11/19