



City of Milwaukee

**Wellness Center
Hours:**

Monday:

1:00 p.m. - 4:00 p.m.

(closed every 3rd Monday of the month)

Wednesday:

8:00 a.m. - 11:30 a.m.

Appointments:

To make an appointment, call

414-777-3410

Location:

*Lower Parking Level of
Zeidler Municipal Bldg.
841 N. Broadway, Milwaukee*

*Enter through the Market St. entrance
on the corner of Kilbourn Ave.
and Market St.*

Free Parking:

Visitors may park at the 1000 N. Water Street parking structure and must bring a parking ticket to the appointment in order to get a parking voucher.

In partnership with



Workforce Health

Wellness Center



The Wellness Center is a resource to keep you healthy.

Top Reasons to Visit the Wellness Center:

- Receive tips to improve sleep
- Learn techniques to better manage stress
- Create a plan to increase physical activity
- Get information on how to improve eating habits
- Obtain help with Healthy Rewards

Services Available:

- Weight management coaching
- Exercise coaching
- Stress management coaching
- Pre-diabetes coaching
- Blood pressure checks
- Healthy Rewards program support
- Smoking cessation coaching
- Submit Healthy Rewards points
- Nutrition coaching

Cost: The Wellness Center is FREE for City of Milwaukee employees and spouses regardless of enrollment in the City's Health Insurance.