

EMPLOYEE WELLNESS BE FIT.

Click the boxes below to learn more about each program.



LIFE TAKES STRENGTH

Functional Strength Training Seminar
Presented by Dr. William P. Ebben
May 6th, Noon-1pm
Schroeder Complex, 256



BE FIT CHALLENGE

May 18 - June 22

30 minutes. 5 days per week.
Beginner or Advanced Program.
Win an I-POD or a TREK BIKE!



National Employee Health & Fitness Day

Well City Milwaukee Health Fair
May 20th, 11 am - 1:30 pm
Zeilder Park