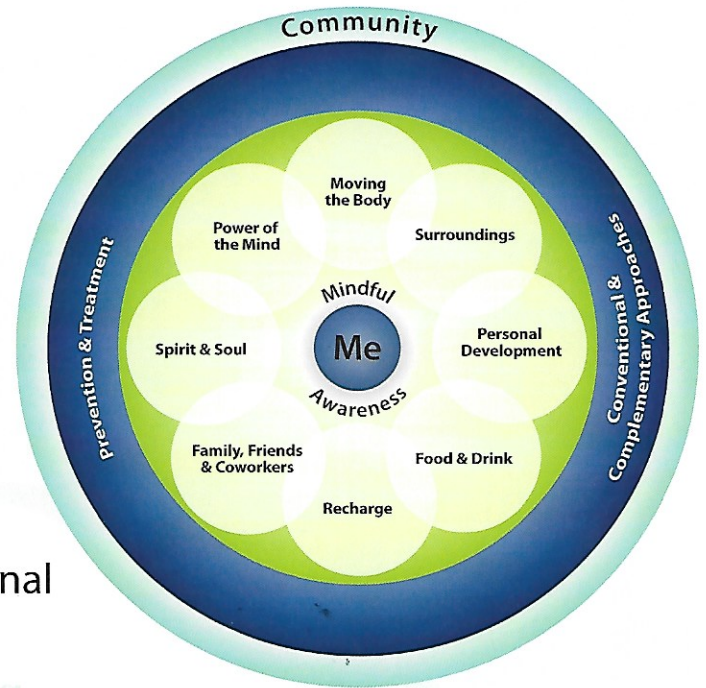




# Wellness Power Hour

Whole Health for Life is based on the eight areas of wellness on the Circle of Health. Learn helpful tips to manage your well-being based on each area.

Each session will include both an educational portion and an experiential portion.



**Wednesdays, Noon – 1:00 p.m.**  
**Matousek Auditorium**

Open to both Veterans and Employees on a drop-in basis.

<b>2019</b>	August 21	Working the Body
	September 18	Surroundings
	October 16	Personal Development
	November 20	Food & Drink
	December 18	Recharge – Rest and Relaxation
<b>2020</b>	February 19	Family, Friends, and Co-Workers
	March 18	Spirit and Soul
	May 20	Power of the Mind

Participants will receive a “Whole Health Passport.”  
Those that attend at least 6 sessions will be eligible to win a prize!

If you have any questions, please contact  
the Milwaukee Wellness Hotline at :  
**414-384-2000, extension 43611**