



Healthy Living Centers

**Where WELLNESS
works for YOU!**

- Fitness
- Physical Therapy
- Fall Prevention
- Management of Chronic Conditions

**A community partnership program
of the Milwaukee County
Department on Aging**

Our partners in health and wellness:

- Therapy Plus
- UW Milwaukee College of Health Sciences

Located at:

- Washington Park Senior Center
- Clinton Rose Senior Center
- O.A.S.I.S.
- Wilson Park Senior Center



Healthy Living Centers

Located at:

- Washington Park Senior Center
4420 W. Vliet Street
- Clinton Rose Senior Center
3045 N. Martin Luther King Drive
- O.A.S.I.S.
2414 W. Mitchell Street
- Wilson Park Senior Center
2601 W. Howard Avenue



**Call 414-856-1888
For More Information**

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**Fitness - Physical Therapy
Fall Prevention
Management of Chronic
Conditions**

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What can the Healthy Living Centers do for YOU?

- Provide information on health and wellness
- Improve your performance
- Manage/reduce or even eliminate pain
- Get stronger
- Prevent falls
- Manage chronic conditions

Therapy Plus provides expert evaluations by licensed physical or occupational therapists. They are Certified Spine Specialists, experts in manual therapy, pain management and geriatrics.

They provide FREE consultation and advice which helps you to improve balance, strength, mobility, prevent falls and manage chronic conditions.

Physical therapy services will teach you specific exercises, stretches and techniques as well as use specialized equipment to address problems that cannot be managed without specialized physical therapy training.

Licensed staff is trained to identify deficiencies in the biomechanics of the body. Working with Therapy Plus means evaluating the way your body works and targeting specific areas of weakness.

Therapists work with you to relieve stress and help your body function without pain.

Physical Therapists are also specially trained to work with clients to restore activity, strength and motion following an injury or surgery.

Therapy Plus also contributes financial support to the partnership.



UWN College of Health Sciences staffs the senior fitness room and provides functional assessments and consultation to new fitness center clients.

UWM also manages fitness programs at five senior center locations.

They provide service learning experience for students in the Kinesiology program and a certificate program in Older Adult Fitness.

UWM contributes financial support for faculty supervision and data collection.



Milwaukee County Department on Aging coordinates the partnership and provides major financial support through grants and other funding sources.