



**FOREVERWELL®**

**SPECIALIZED  
WELLNESS  
PROGRAMS**

**FOR AGES 55+**

SPONSORED BY:  network  
health

# FOREVER CONNECTED

APRIL 2026



## FOND DU LAC FAMILY YMCA

Make friends and build community through social events, group outings, and casual meet-ups that bring people together.

### OUT TO LUNCH:

**APRIL 14 | 11:30 am | MANCINO'S**

Join other FOREVERWELL members for food, fun and fellowship. Sign up at the Welcome Center desk.

### FOREVERWELL BOOK CLUB:

**APRIL 28 | 11:30 am | North Atrium**

Meets the last Tuesday of each month. Books are provided.

SCAN FOR ALL



FOREVERWELL  
OFFERINGS