



FOREVER DISCOVERING

APRIL 2026

FOREVERWELL[®]

SPECIALIZED WELLNESS PROGRAMS

FOR AGES 55+

SPONSORED BY: network health



FOND DU LAC FAMILY YMCA

Learn something new! Enjoy seminars, classes, and activities that boost wellness, and provide insight and information.

BLOOD PRESSURE SCREENINGS

April 7 & 21 | 8:30 AM-9:30 AM

Join the SSM Health at Work team for free blood pressure screenings.

ASK THE ADVISOR: EXPLORING SENIOR CARE OPTIONS

April 9th | 10:00-11:00 AM | FDL FAMILY YMCA LOBBY

Join Megan Bokath, Senior Care Advisor, CarePatrol, for an open Q&A session. Megan is passionate about helping seniors and their families navigate home care, assisted living, memory care, and independent living. She'll answer your questions about costs, availability, and other resources, easing concerns and guiding you toward safe, happy, and fulfilling living solutions. No set agenda. You bring the questions, she brings the expertise.

ACUPUNCTURE FOR OLDER ADULTS

April 30th | 12:00-1:00 PM | Register in advance.

Join "AJ" Jones, LAc, from SSM Health Integrative Health, to discover how acupuncture can help you stay steady, sharp, and pain-free. Learn how this gentle practice manages "The Big Three" - arthritis, back pain, and balance - while supporting brain health and mood. AJ will demystify the process, explain what a session looks like, and leave 15 minutes to answer your specific questions on safety and results.

URBAN POLE WALKING WORKSHOP

April 23 | 10:30-11:30 AM
Register in advance.

PRESENTER: Andrea Van Dyn Hoven, Director of Business Development for Morton Safety and Morton LTC

Discover the benefits of this fun, low-impact workout! This class draws on years of experience working with individuals in both seated and standing formats. You'll focus on strength, mobility, and dynamic balance using poles in a safe, supportive environment. All ages and fitness levels are welcome. Please bring your poles to class if you have them.

BLOOD PRESSURE CUFF EDUCATION SESSIONS

April 7 & 21 | 6:00 PM

Join Adam Karewicz, MD, an SSM Health internal medicine physician, to learn how to calibrate and use a blood pressure monitor correctly (please bring your equipment). Education sessions are located in the Fond du Lac Family YMCA's North Atrium.

SCAN FOR ALL



FOREVERWELL OFFERINGS