



FOREVER DISCOVERING

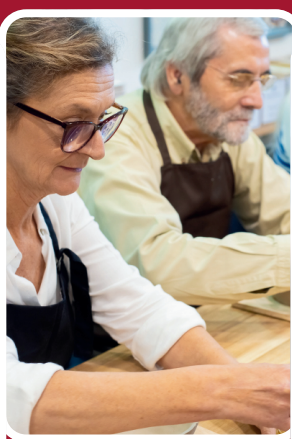
AUGUST 2026

FOREVERWELL®

**SPECIALIZED
WELLNESS
PROGRAMS**

FOR AGES 55+

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FOND DU LAC FAMILY YMCA

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

MEDICAL EMERGENCIES: WHAT YOU NEED TO KNOW AUGUST 4 | 12:30 PM-1:30 PM | Register in advance.

Presenter: Vicki Goeden Hoch, RN, SSM Health St. Agnes Hospital Emergency Room Registered Nurse

Learn how to be prepared for a medical emergency. Join Vicki Goeden Hoch, RN, as she discusses common signs and symptoms of an emergency, when to call an ambulance, how to create a household emergency kit, what essential information to keep handy, and much more.

BLOOD PRESSURE CUFF EDUCATION SESSIONS AUGUST 18 | 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 Healthy Living Center.



BLOOD PRESSURE SCREENINGS

**AUGUST 11 & 25
8:30 AM-9:30 AM**

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

SCAN FOR ALL



**FOREVERWELL
OFFERINGS**