



FOREVER DISCOVERING JULY 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

July 14 & 28 | 8:30 AM-9:30 AM

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



BLOOD PRESSURE CUFF EDUCATION SESSIONS

July 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 Healthy Living Center.

SCAN FOR ALL



FOREVERWELL
OFFERINGS