



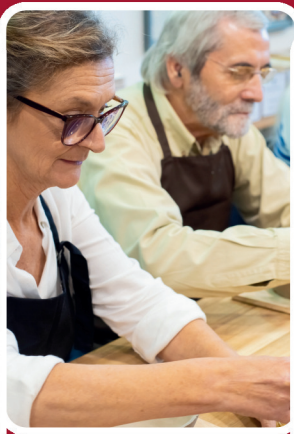
FOREVER DISCOVERING JUNE 2026

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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.

BLOOD PRESSURE SCREENINGS June 2, 16 & 30 | 8:30 AM-9:30 AM

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



BLOOD PRESSURE CUFF EDUCATION SESSIONS June 2 & 16 | 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



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OFFERINGS