



FOREVER DISCOVERING

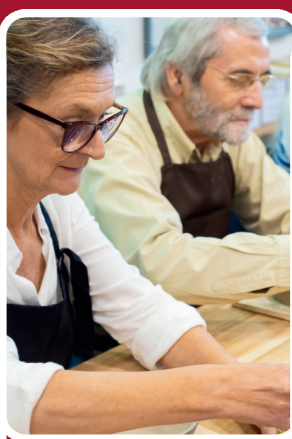
OCTOBER 2026

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.

BLOOD PRESSURE CUFF EDUCATION SESSIONS

OCTOBER 6 & 20 | 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.

URBAN POLE WALKING WORKSHOP

OCTOBER 22 | 10:30 AM-11:30 AM | Register in advance.

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

Discover the benefits of this fun, low-impact workout! Led by certified Activator Pole Trainer Andrea Van Dyn Hoven, 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 SCREENINGS

**OCTOBER 6 & 20
8:30 AM-9:30 AM**

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

SCAN FOR ALL



**FOREVERWELL
OFFERINGS**