



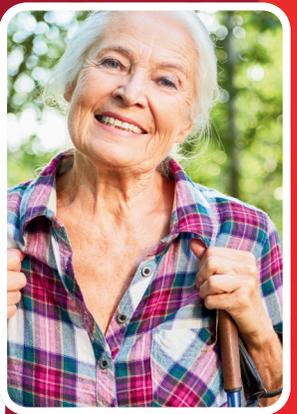
# FOREVER DISCOVERING MARCH 2026

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**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.

### **UNDERSTANDING TRIGGER POINT DRY NEEDLING**

**March 10 | 11:00 AM–1:00 PM | Register in advance.**

**PRESENTER:** Kyle Borowitz, OTR, MPT, CHT, CEO Back in Action Rehabilitation  
Back in Action Rehabilitation is hosting an educational presentation at the Fond du Lac YMCA to help the community better understand dry needling, a modern, evidence-based treatment used to reduce pain, improve movement, and speed up recovery. This talk will explain what dry needling is, how it works, and how it differs from acupuncture. We'll discuss common conditions it's used for, what a treatment session feels like, and who may benefit from it. The presentation is designed for the general public and requires no medical background. Perfect for: YMCA members, active adults, athletes, desk workers, and anyone dealing with muscle tightness, pain, or limited mobility.

### **DIABETES PREVENTION 101**

**March 12 | 11:00 AM–12:00 PM | Register in advance.**

**Presenter:** Chrissy Boe, Senior Community Wellness Coordinator  
Nearly one in three adults 65 and older have diabetes. The good news is that type 2 diabetes can be delayed or prevented. Join Network Health wellness coordinators to learn more.

### **BLOOD PRESSURE CUFF EDUCATION SESSIONS**

**March 3 & 17 | 6:00 PM**

Join Adam Kewicz, 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.

### **URBAN POLE WALKING WORKSHOP**

**March 12 | 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.

**SCAN FOR ALL**



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