



FOREVER DISCOVERING

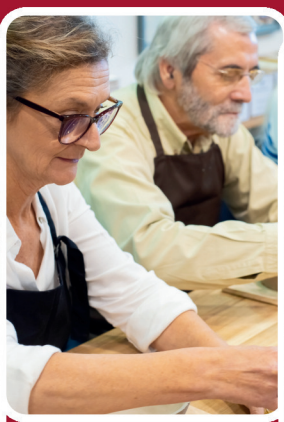
FEBRUARY 2026

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.

WOMEN AND URINARY INCONTINENCE - WHAT YOU CAN DO

February 12 | 12:00-1:00 PM | Register in advance.

Presenter: Claire Carlton, APNP, SSM Health Fond du Lac Regional Clinic Urology

Learn how you can take control of your urinary incontinence. The condition can range from minor leaks to a sudden accident without warning and is not a normal part of aging, but rather a symptom of another issue that can often be treated. Join Claire Carlton, APNP, nurse practitioner, as she discusses common types of urine incontinence, and how to find a proper diagnosis and treatment plan that is right for you.

BLOOD PRESSURE CUFF EDUCATION SESSIONS

February 3 & 17 | 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

**February 10 & 24
8:30 AM-9:30 AM**

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

URBAN POLE WALKING WORKSHOP

**February 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



FOREVERWELL
OFFERINGS