



FOREVERWELL[®]

**SPECIALIZED
WELLNESS
PROGRAMS**

FOR AGES 55+

SPONSORED BY:  network
health

FOREVER CONNECTED

MAY 2026



FOND DU LAC FAMILY YMCA

Make friends and build community through social events, group outings, and casual meet-ups that bring people together.

OUT TO LUNCH:

MAY 12 | 11:30 am | EL PATRON

Join other FOREVERWELL members for food, fun and fellowship. Sign up at the Welcome Center desk.

FOREVERWELL BOOK CLUB:

MAY 26 | 11:30 am | North Atrium

Meets the last Tuesday of each month. Books are provided.

SCAN FOR ALL



FOREVERWELL
OFFERINGS