



FOREVER CONNECTED

JANUARY 2025

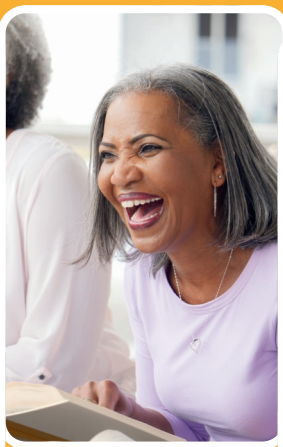


FOREVERWELL®

**SPECIALIZED
WELLNESS
PROGRAMS**

FOR AGES 55+

SPONSORED
BY:  **network
health**



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:

JANUARY 13 | 11:30 am | SOMBRERO'S

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

FOREVERWELL BOOK CLUB:

JANUARY 27 | 11:30 am | Y Healthy Living Center

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

SCAN FOR ALL



**FOREVERWELL
OFFERINGS**