



# FOREVER CONNECTED

JANUARY 2026

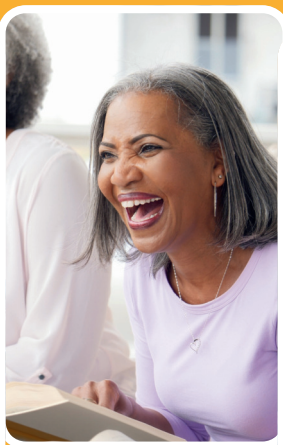


**FOREVERWELL®**

**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**