



FOREVER CONNECTED

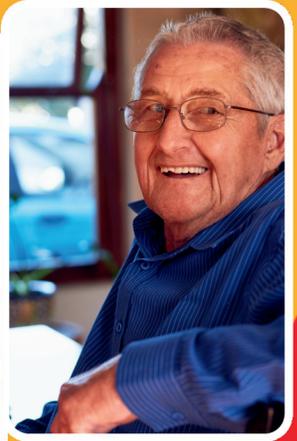
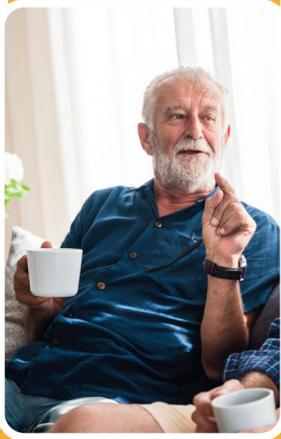
NOVEMBER 2025

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:

NOVEMBER 11 | 11:30 am | SCHMITTY'S

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

FOREVERWELL BOOK CLUB:

NOVEMBER 25 | 11:30 am | Y Healthy Living Center

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



REGISTER HERE



NOVEMBER 27, 2025 | 8:00 AM

SCAN FOR ALL FOREVERWELL OFFERINGS

