



FOREVER DISCOVERING

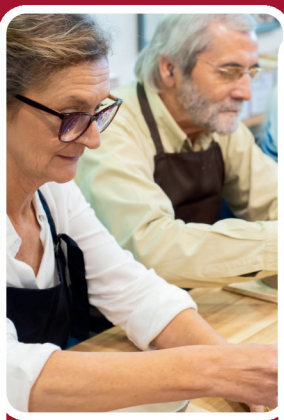
MAY 2026

FOREVERWELL®

SPECIALIZED WELLNESS PROGRAMS

FOR AGES 55+

SPONSORED BY: network health



FOND DU LAC FAMILY YMCA

Learn something new! Enjoy seminars, classes, and activities that boost wellness, and provide insight and information.

URBAN POLE WALKING

May 21 | 10:30-11:30 AM | Register in advance.

WORKSHOP PRESENTER: Andrea Van Dyn Hoven, Director of Business Development for Morton Safety and Morton LTC

Discover the benefits of this fun, low-impact workout! Led by certified Activator Pole Trainer Andrea Van Dyn Hoven, 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.

BLOOD PRESSURE CUFF EDUCATION SESSIONS

May 5 & 19 | 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

May 5 & 19
8:30 AM-9:30 AM

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

SCAN FOR ALL



FOREVERWELL OFFERINGS