



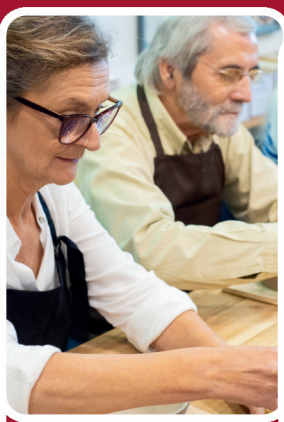
FOREVER DISCOVERING NOVEMBER 2025

FOREVERWELL®

**SPECIALIZED
WELLNESS
PROGRAMS**

FOR AGES 55+

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FOND DU LAC FAMILY YMCA

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

ASK THE ADVISOR: EXPLORING SENIOR CARE OPTIONS **November 6th | 10:00-11:00 AM | Register in advance.**

Join Megan Bokath, Senior Care Advisor, CarePatrol, for an open Q&A session.

Megan is passionate about helping seniors and their families navigate home care, assisted living, memory care, and independent living. She'll answer your questions about costs, availability, and other resources, easing concerns and guiding you toward safe, happy, and fulfilling living solutions.

No set agenda. You bring the questions, she brings the expertise.

DON'T TAKE YOUR HANDS FOR GRANTED **November 11th | 12:00-1:00 PM | Register in advance.**

Presenter: Jessica Mischler, CHT, SSM Health Therapy Services Certified Hand Therapist

Every day stress and activity create wrist and hand injuries which can hamper work and home life. Learn how to improve hand function, strength, and mobility through exercises and activities, often tailored to specific conditions like arthritis, carpal tunnel syndrome, or post-injury rehabilitation. Join Jessica Mischler, CHT, as she discusses various hand conditions and treatment options available.



BLOOD PRESSURE SCREENINGS

**November 4th & 18th
8:30 AM-9:30 AM**

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

URBAN POLE WALKING WORKSHOP

Nov. 20th | 10:30-11:30 AM
Register in advance.

PRESENTER: Andrea Van Dyn Hoven, Licensed Physical Therapist Assistant, Care Patrol

Discover the benefits of this low impact exercise! Andrea Van Dyn Hoven, Care Patrol, is experienced in fitting poles and leading dynamic pole walking sessions. If you are looking to increase your cardiovascular activity, want to improve walking posture or improve stability, balance and confidence this workshop is for you.

SCAN FOR ALL



**FOREVERWELL
OFFERINGS**