



FOREVER DISCOVERING

OCTOBER 2025



FOREVERWELL®

SPECIALIZED WELLNESS PROGRAMS

FOR AGES 55+

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health



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

October 2nd | 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.

ABC'S OF LONG-TERM CARE PLANNING

October 23 | 12:00–1:00 PM | Register in advance.

Presenter: Kristin White, SSM Health at Home Senior Business Development Consultant
Most people do not understand all of the levels of care available as we start to think about senior facilities or home-based care. Join Kristin White as she takes the guess work out of all the different facility levels of care and discusses community resources available to help make decisions when the time comes.

URBAN POLE WALKING WORKSHOP

October 30 | 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.



BLOOD PRESSURE SCREENINGS

**October 7th and 21st
8:30 AM–9:30 AM**

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

SCAN FOR ALL



**FOREVERWELL
OFFERINGS**