



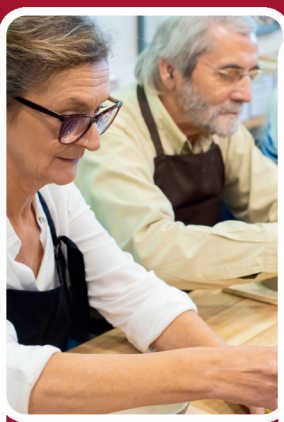
# FOREVER DISCOVERING DECEMBER 2025

**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**

**December 4th | 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.

### **BLOOD PRESSURE CUFF EDUCATION SESSIONS**

**December 2nd & 16th | 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**

**December 2nd & 16th  
8:30 AM–9:30 AM**

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

## **URBAN POLE WALKING WORKSHOP**

**Dec. 18th | 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**