



FOREVER DISCOVERING

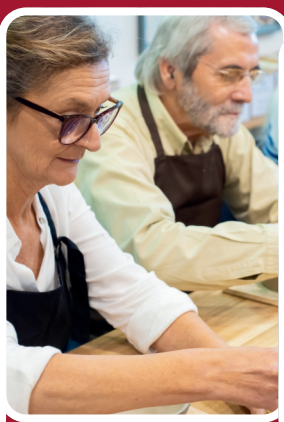
JANUARY 2026

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

January 8 | 10:00-11:00 AM | FOND DU LAC FAMILY YMCA LOBBY

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 SCREENINGS

**January 6 & 20
8:30 AM-9:30 AM**

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

BLOOD PRESSURE CUFF EDUCATION SESSIONS

January 6 & 20 | 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.

SCAN FOR ALL



**FOREVERWELL
OFFERINGS**