



FOREVERWELL®

**SPECIALIZED
WELLNESS
PROGRAMS**

FOR AGES 55+

SPONSORED BY:  **network
health**

NEW NAME, SAME COMMUNITY YOU LOVE: WELCOME TO FOREVERWELL® FOND DU LAC FAMILY YMCA

Dear Valued Y Member,

We're excited to share a fresh new chapter in our commitment to supporting adults 55+ on their journey to healthy aging.

Our Active Older Adult programs (and more recently, FOREVERFIT) are evolving into FOREVERWELL, a YMCA brand created to help every participant live well, every day.

Through FOREVERWELL, you'll continue to enjoy the programs and experiences you know and love, now grouped into three simple categories:

- FOREVER FIT – Wellness programs focused on movement and physical activity
- FOREVER CONNECTED – Social gatherings and events that foster friendships
- FOREVER DISCOVERING – Learning, enrichment, and opportunities to explore new interests

At its heart, FOREVERWELL is rooted in physical activity, social connection, and lifelong well-being, empowering you to stay active, engaged, and connected.

We'll begin rolling out the FOREVERWELL brand with our October offerings. Keep an eye out for this new look and name as you join us for classes, events, and activities.

We can't wait to continue this journey with you!



JJ Raflik
CEO/Executive Director



Ericka Wawrzyn
Healthy Living Director



Jake Berger
Healthy Living Program Coordinator