

## Upcoming Programs and Events



## September / October

### Soup's On for United Way

**Friday, September 29th from 10:30 AM - 12:30 PM**

Family Wellness staff will be competing in a soup making contest and we need you to be the judge! All proceeds will be benefiting the United Way of Cass and Clay Counties. There is a suggested free will donation of \$5 per person and you can try as many soups as you like.

### Parent's Night Out

**Saturdays, September 2nd & October 7th from 5:45-8:45 PM**

Need a night out? Drop your children off at Family Wellness for a date night or just a night to yourself! Pre-registration is required and space is limited. Children ages 2 weeks - 9 years. \$12 per Child Members / \$18 per Child Non-Members. Have older kids? Children ages 6 - 12 years can attend Gym and Swim (same nights, times, and rates apply).

### Wellness Wednesday

**Wednesdays, September 6th from 10:30-11:30 AM  
October 4th from 10:30-11:30 AM**

These medical education classes occur the first Wednesday of each month. There is a new topic and speaker each session. There is a 30 minute presentation followed by 30 minutes of Q & A. For upcoming topics, check online at [familywellnessfargo.org](http://familywellnessfargo.org). Free to attend. September 6th: Goal Setting, October 4th: Mental Health

### Intro to Group Fitness

**Various Saturdays in September and October**

Want to try a new class, but have some unanswered question? The Intro to Group Fitness series allows you to learn about specific classes before showing up to your first one! The first half of each intro class teaches you the technique, equipment, and activity you will do for that class format. The second half will be a mini version of an actual class so you can experience what the exercises will be like.

- September 16th | Intro to Barre | 10:15 AM
- September 16th | Intro to Cycling | 10:30 AM

- September 9th | Intro to Bodypump | 10:15 AM
- October 7th | Intro to Bodypump | 10:15 AM
- October 28th | Intro to Step | 10:15 AM

### Memorial Stair Climb

**Mondays, July 24th – August 28th from 5:35-6:30 PM**

Firefighters from Fargo, Moorhead, West Fargo, and the surrounding community will be volunteering to perform a memorial stair climb in full gear on stair climbers. We welcome you to pay tribute to all firefighters. Especially the ones that lost their lives in the World Trade Center on September 11, 2001. Help us fill the boot! Free will donations will be accepted on site and will go toward the Salvation Army. Know a business interested in sponsoring a climber or you are a firefighter and are interested in participating please contact Zach for more information [zachary.banister@sanfordhealth.org](mailto:zachary.banister@sanfordhealth.org).

### Adult PE

**Mondays, September 11th from from 5:45-6:45 PM and  
October 2nd from 7:45-8:45 PM**

Family Wellness is bringing back all of the great childhood PE activities in our new group fitness program. Adult PE is free to members, but you must register to reserve your spot. Members can participate in all four activities or pick and choose which one you would like to participate in. Below is the schedule. Ages 18+.

- September 11th: Flag Football (This will be off site)
- October 2nd: Volleyball

### Family Wellness Anniversary!

**Tuesday, October 17th**

Join us as we celebrate 6 years of Family Wellness! Stay tuned to more details.

### Halloween Event

**Thursday, October 26th from 5:00 - 7:00 PM**

Family Wellness invites your family to get together for an exciting night jam packed with Halloween FUN! Young, old, and everyone in between are encouraged to participate. Enjoy a healthy festive snack, face painting, Halloween themed games, prizes, and more! Free and open to the community.