

# The Partnership

## The Partnership with YMCA and Sanford Healthy

Family Wellness is a partnership between Sanford Health and the YMCA of Cass and Clay Counties. Together, these organizations share the gift of wellness.



### Leadership Team



**Jenna Johnson**  
Director



**Jordan McCormick**  
Assistant Director  
Member Experience



**Angela Hasbrouck**  
Assistant Director  
Program Development



**Mike Mohs**  
Facility Maintenance Manager



**Karla Hensrud-Wagner**  
Group Fitness Manager



**Jessie McClafflin**  
Childcare and Family Program  
Manager



**Britt Selbo**  
Aquatics Manager



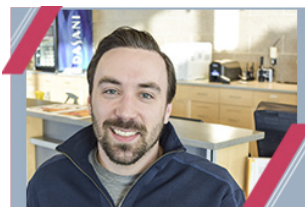
**Carma DeVillers**  
Wellness Training Manager



**LeAnn Roth**  
Business Manager




**Jena Swartz**  
HR Generalist



**Jordan Schultz**  
Member Relations Manager

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# Familywellness

A PARTNERSHIP BETWEEN SANFORD HEALTH 

## 2016 Annual Report





# Inspiring Healthy Lifestyles

**Family Wellness, LLC** is a non-profit organization whose mission is to inspire healthy lifestyles by connecting people in a fun environment.

## 2016 Statistics

• Total People Served .....	25,874
• Group Exercise Visits .....	94,264
• Personal Training Sessions .....	7,986
• League Enrollments .....	130
• Swim School Enrollments.....	4,188
• Childcare Visits.....	32,277
• Youth Enrichment Enrollment and Class Participation .....	787
• Youth Camp Enrollment .....	253
• Full and Part Time Employees .....	257



## Fitness For A Lifetime – Bill’s Story

Bill Brooks Jr is your typical 12 year old who loves to hang out with friends and spend time with his family. Bill participated in his first session of TEEN Start to improve his stamina and overall fitness. Bill came to find that he enjoyed exercise and living a healthy lifestyle while his family noticed he was confident in his skin.



The Brooks’ now spend quality family time together at Family Wellness encouraging and motivating each other to stay active. Bill is just one of many young people at Family Wellness with a story about developing a healthier lifestyle for himself and his family.

# Community Impact

**The Inspire Wellness Initiative** began as an idea from a group of passionate staff who wanted to strive for healthier families in our community. These staff members volunteered to pilot a variety of programs that would help people live healthier. This became known as the Inspire Wellness Initiative, which helps people cook well and move well for life. Funds raised through the Initiative help support need based community wellness programming.

## 2016 Program Outcomes

### Healthy Cooking in the Classroom

- In 13 Local Elementary Schools
- 92% of students feel more comfortable cooking
- 81% feel comfortable or very comfortable making healthy food choices
- 68% reported eating more fruits and vegetables a week



### Youth Weight Management Programs

- 100% of participants increased their capacity for functional movements
- 83 % of parents said they think their child feels more comfortable/confident exercising on their own



### Parkinson’s Program

- Our special certified trainers had over 3,000 interactions with people affected by Parkinson’s

### Medical Fitness Program

- Introduced over 65 people to an active life style with exercise and healthy cooking



## Giving Back to the Community

• Total Dollars Raised .....	Over \$25,000
• Need Based Memberships .....	\$35,000
• Program Scholarships .....	\$1,000
• Community Program Support.....	\$60,000