

Inspire Wellness Initiative

Family Wellness is a nonprofit organization with a mission to inspire healthy lifestyles by connecting people in a fun environment. Over 30,000 individuals are served annually through membership and programs. By providing programs that impact a community need, Family Wellness creates a place where health and healing connect with people, programs, and facilities. When we commit to a life of wellness, we are able to unlock the potential within us and inspire others to find their own inner strength. In short, togetherness is wellness.

2022
Inspire Wellness Goal
\$100,000

10 YEARS of building A HEALTHIER COMMUNITY

Community Impact

For the past 10 Years Family Wellness has changed the way we look at health and wellness, by developing programs that engage, entertain and encourage healthy lifestyles at the very source of our thriving community, by helping those struggling with medical challenges and educating our youth to make healthy decisions from the very beginning.

The Family Wellness Inspire Wellness Initiative seeks funding from individuals, corporations, and foundations to provide impactful programs and activities to help all people in our community to cook well, move well, and live well for life regardless of socio-economic background or medical status.

Serving The Communities Needs

33.2% of North Dakota adults are obese

7 out of 10 deaths are caused by chronic disease

Drowning is the 2nd leading cause of death for kids ages 1-14

Only 9% of high school students meet the fruit recommendation and 2% meet the vegetable recommendation

63% of adults reported feeling stress about health related concerns for themselves or a loved one



COOK WELL

Programs like Healthy Cooking in the Classroom encourage better food choices through building confidence with healthy cooking skills.

MOVE WELL

Programs like Parkinson's, Exercise is Medicine, and Adaptive Swim Lessons motivate healthy lifestyles through physical activity for all ages.

LIVE WELL

Programs like Youth Volunteer Corps and Family Support Program build a vibrant community through volunteerism and support.

Inspire Wellness Initiative

As we reflect upon the mission of our Inspire Wellness Initiative, of providing need based wellness programs to help people Cook Well, Move Well and Live Well, we're able to share some of these stories on how small changes can make a big difference.



Crystal (Cooking Matters Program)

Q: How has your family become more confident choosing healthier food and cooking healthier meals?

A: We are way more confident now because we didn't know that you could cook extra healthy meals on a budget.

Q: The Cooking Matters Grant allowed Family Wellness to assist with purchasing healthier foods for participating families - how has this impacted your family?

A: It's been really nice because it gave us the extra budget and the extra money to add in healthier things we never thought we could.



Danielle (Walk This Way)

Q: As a direct support provider for individuals with special needs what does the individual you work with think about the Walk this Way program? Why is he excited about it?

A: He's genuinely so excited about it and he thinks it's great to see other people out in the community while he's walking and still gets that physical exercise.

Q: Has this program made exercise more fun for you all? If so, how?

A: This program has definitely made exercise more fun for the individuals we support. He (Paul) just loves it so much.



Kayla (Youth Volunteer Corps)

Q: In what ways do you feel this program meets a community need?

A: I feel the Youth Volunteer Corps really meets a need especially as a parent. We've always tried to volunteer as a family but there are a lot of times organizations don't want kids involved in volunteering.

Q: What Kinds of benefits do you see from your children participating with YVC?

A: You want your kids to grow up to be kind and compassionate and volunteering really helps foster that.