



FALL 2022 Program Guide

Familywellness
A PARTNERSHIP BETWEEN SANFORD HEALTH 

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Please visit our website at familywellnessfargo.org for our most up to date facility guidelines and announcements. All programs and events are subject to change.



Company Background

Sanford Health and the YMCA of Cass and Clay Counties: A Partnership for Community

Sanford Health and the YMCA of Cass and Clay Counties partnered to bring a wellness facility like none other to the Fargo, Moorhead, West Fargo and area communities. Family Wellness combines the values of the region's most recognized family fitness organization with the region's largest health care system. Together, these organizations share the gift of wellness. Family Wellness offers the resources to inspire the best in each of us and a place to share our experiences with others. When we share, a community mindset flourishes. It's a cycle, a lifestyle and a better way of being.

Inspire Wellness Initiative

As a nonprofit organization Family Wellness is dedicated to impacting the health of children, adults, and families in our community. Through the Inspire Wellness Initiative we provide innovative need based wellness programs to help people cook well, move well and live well for life.

Mission

The mission of Family Wellness is to inspire healthy lifestyles by connecting people in a fun environment.

Registration

Register for any of our Fall 2022 program offerings starting July 25th for Members, or August 1st for Nonmembers. Register at familywellnessfargo.org, at the Front Desk or call 701-234-2400.

Childcare & Family Events

Drop In Childcare

Drop In Childcare is available for Members and Nonmembers ages 2 weeks through 9 years old while a parent/guardian is in the building. With an indoor play structure with a slide, an outdoor play structure (weather permitting) and a screen-free zone (no TV, Movies or Video games) it is all about play and activity! A childcare visit must be purchased at the front desk prior to entering the childcare area.

Childcare Events

Parent's Day Out

Tuesday's - September 6, October 4, November 1 and December 6 | 9:30AM - 12:30PM

Need to get stuff done? Drop off your kids in the Family Wellness Childcare from 9:30AM to 12:30PM for some time to get stuff done without your little helpers. Sign up by noon on Monday prior to the event. Parent's Day Out is located in Childcare at Family Wellness for ages 2 weeks to 9 years. Bring your own diapers and nut free snacks.

\$15 Members | \$20 Nonmembers

Parent's Night Out

Friday's - September 9, October 7, November 4 and December 9 | 4:45PM - 7:45PM

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. Sign up by noon the Friday prior to the event. Parent's Night Out is located in Childcare at Family Wellness for ages 2 weeks to 9 years. Bring your own diapers and nut free snacks.

\$15 Members | \$20 Nonmembers

Child Developmental Screenings

Thursday's - September 15, October 20, November 17 and December 15 | 8:30AM - 10:30AM

Pediatric Therapy Partners will be providing free child developmental screenings at Family Wellness! The first years of your child's life are important and filled with many developmental milestones. This opportunity will help identify any concerns and can connect your family with tools and resources that may benefit your child. Results can be provided confidentially in-person or over the phone by Pediatric Therapy Partners.

Free for members

Spooktacular Event

Thursday, October 27 | 5:00PM - 7:00PM

Family Wellness invites your family to get together for an exciting night, jam packed with Halloween FUN! Young, old, and everyone in between is encouraged to participate. Enjoy a healthy festive snack, Halloween themed games, prizes, and much more! Participation is free and space is limited.

Free for members

Youth Activities & Programs

Youth Activities Series

Play Ball!

Thursday's - September 8 - 22 | Ages 3-6: 5:30PM - 6:00PM | Ages 7-12: 6:05PM - 6:35PM

Play Ball! is packed with a variety of fun sports for kids. Participants will learn and play a different sport each week. This program will focus on teamwork, sportsmanship, and having fun!

Free for members | \$30 Nonmembers

Games Galore

Thursday's - October 6 - 20 | Ages 3-6: 5:30PM - 6:00pm | Ages 7-12: 6:05PM - 6:35PM

Games Galore series will allow your child to explore age appropriate games and activities. Participants will learn and play a variety of gym games while interacting with peers and instructors in a positive and encouraging environment.

Free for members | \$30 Nonmembers

Let's Play!

Thursday's - November 3 - 17 | Ages 3-6: 5:30PM - 6:00PM | Ages 7-12: 6:05PM - 6:35PM

Let's Play! is packed with a variety of fun sports for kids. Participants will learn and play sports of all sorts in a positive and encouraging environment. This program will focus on teamwork, sportsmanship and giving your best effort at all times.

Free for members | \$30 Nonmembers

Gym Madness

Thursday's - December 1 - 15 | Ages 3-6: 5:30PM - 6:00PM | Ages 7-12: 6:05PM - 6:35PM

Gym Madness is packed with a variety of fun sports for kids. Participants focus on teamwork, sportsmanship and giving your best effort at all times. Come join the team at Family Wellness!

Free for members | \$30 Nonmembers

Youth Programs & Camps

Youth Programs

Outdoor Fun!

Monday's - September 12 - 26 | Ages 2-3: 4:00PM - 4:30PM | Ages 4-6: 4:35PM - 5:05PM | Ages 4-6: 5:10PM - 5:40PM
Tuesday's - September 13 - 27 | Ages 7-9: 5:30PM - 6:15 | Ages 10-12: 6:20PM - 7:05PM

Get your kiddos up and moving around outside for the last few weeks of nice weather! Outdoor Fun! consists of programmed yard games and activities to enhance gross motor skills.

\$23 Members | \$45 Nonmembers

Just Keep Kicking

Monday's - October 3 - 24 | Ages 2-3: 4:00PM - 4:30PM | Ages 4-6: 4:35PM - 5:05PM | Ages 4-6: 5:10 - 5:40PM
Tuesday's - October 4 - 25 | Ages 7-9: 5:30PM - 6:15PM | Ages 10-12: 6:20PM - 7:05PM

This program offers the chance to learn and practice the basic fundamentals of Soccer. Each day there is a new skill to focus on, along with games and activities to help enhance those skills. Athletes will learn everything from dribbling to shooting, while having fun and learning the values of sportsmanship and teamwork!

\$30 Members | \$60 Nonmembers

Intro to Gymnastics

Monday's - November 7 - 28 | Ages 2-3: 4:00PM - 4:30PM | Ages 4-6: 4:35PM - 5:05PM | Ages 4-6: 5:10PM - 5:40PM

This program offers the chance to learn and practice the basic fundamentals of Gymnastics. Each day there is a new skill to focus on, along with games and activities to help enhance those skills. Parent participation is encouraged.

\$30 Members | \$60 Nonmembers

Racquetball

Tuesday's - November 8 - 29 | Ages 7-9: 5:30PM - 6:15PM | Ages 10-12: 6:20PM - 7:05PM

Come test out your racquetball skills! This program will get your child on track to learn about the game of racquetball while engaging in fun games and teamwork.

\$30 Members | \$60 Nonmembers

Youth Camps

Fall Into Fun Camp

October 20 and October 21 | 9:00AM - 4:00PM

School's out! Come enjoy two days of fun at Family Wellness. This camp will keep you moving and grooving with a variety of activities like games in the gym, swimming in the pool, and art activities throughout the day. Let's get out of the classroom and off the couch to have some fun!

\$80 Members | \$90 Nonmembers

Before Care (7:30AM - 9:00AM) and After Care (4:00PM - 5:30PM) available - \$6 each

Super Hero Camp

November 11 | 9:00AM - 4:00PM

Come enjoy Veteran's Day at Family Wellness! This camp will be packed with a variety of super hero games and activities. There will also be activities including games in the gym, swimming in the pool, and arts and crafts throughout the day.

\$40 Members | \$45 Nonmembers

Before Care (7:30AM - 9:00AM) and After Care (4:00PM - 5:30PM) available - \$6 each

Aloha Summer Camp

December 22 | 9:00AM - 4:00PM

Aloha Summer camp brings summer vibes in December! There will be activities throughout the day that include games in the gym, swimming in the pool, and arts and crafts.

\$40 Members | \$45 Nonmembers

Before Care (7:30AM - 9:00AM) and After Care (4:00PM - 5:30PM) available - \$6 each

Camp Snow Day

December 26 - 30 | 9:00AM - 4:00PM

Family Wellness is offering a week long camp of activities to get out of the house and have some fun over Christmas Break! There will be time to beat the cold and splash in the pool and play a variety of sports and activities in the gym.

\$195 Members | \$215 Nonmembers

Before Care (7:30AM - 9:00AM) and After Care (4:00PM - 5:30PM) available - \$6 each

Parenting Sessions

Parent/Baby Classes

This series of classes is designed to help caregivers and parents connect and grow with their children through a partnership with Sanford Health. **All classes are free and open to the community. Registration is required.**

Infant Massage

Wednesday, September 14 | 6:00PM - 7:30PM

Wednesday, November 2 | 6:00PM - 7:30PM

Massage has been shown to improve circulation, help infants to relax, regulate sleep patterns, stimulate digestive system and may relieve colic or gas. It also can improve communication, attachment and bonding between caregiver and infant, as well as caregivers may feel more confident in understanding their baby's cues. The class will be a hands-on experience for babies and their caregivers (bring baby).

Play & Milestones 0-2 Years Old

Thursday, September 15 | 6:30PM - 8:30PM

During this class you learn: important milestones, how to safely play with baby, toys to avoid and games to play with baby.

Play & Milestones 3-5 Years Old

Thursday, September 29 | 6:30PM - 8:30PM

During this class you learn: important milestones, how to play with a child, games to play with your child, toys to avoid.

Fatherhood

Monday, October 3 | 6:30PM - 8:30PM

During this class you learn: what babies need from dads, new dad emotions, healthy relationships, and importance of self-care.

Self Care For Moms

Tuesday, October 11 | 6:30PM - 8:30PM

Learn about the importance of self-care, postpartum emotions, and healthy relationships.

Keeping Your Baby Safe Around Pets

Wednesday, October 12 | 6:30PM - 8:30PM

Wednesday, December 7 | 6:30PM - 8:30PM

Many people's pets are their first babies. So what are you supposed to do now that you're expecting? Bringing your baby home is a very exciting time for families but this time has potential to be confusing or frightening for your pet. Taking time to prepare yourself and your pet before the baby comes home is an important step for a rewarding child-pet relationship, and this class will prepare you to help your pet through this transition while keeping your new family member safe.

Emotionally Healthy Children 0-2 Years Old

Tuesday, November 8 | 6:30PM - 8:30PM

During this class you learn: help baby feel loved, comforted and accepted, Why is feeling loved so important.

Emotionally Healthy Children 3-5 Years Old

Tuesday, November 15 | 6:30PM - 8:30PM

During this class you learn: why feeling loved is so important, Mental Health versus Physical Health, Emotional needs, Coping and learning different emotions

Positive Parenting 0-2 Years Old

Tuesday, December 6 | 6:30PM - 8:30PM

During this class you learn: to be attentive to your baby's cues, how your reactions and presence impacts the way your baby feels, learns and grows, the five principals of Positive Parenting"

Positive Parenting 3-5 Years Old

Wednesday, December 14 | 6:30PM - 8:30PM

During this class you learn: bonding with your child, normal toddler behaviors and challenges and tantrums.



Swim School

Family Wellness Swim School

Our Family Wellness Swim School takes pride in our exciting water-safe program. Our philosophy is that each child progresses at their own pace. Through positive reinforcement, practice and patience, students learn water-safe swimming skills while having fun. This aquatic facility will run swimming lessons for everyone starting at the age of 6 months through adulthood. Classes are once a week for 30 minutes to encourage year-round lessons. Families that want to swim more than once a week are encouraged to do so. Classes are structured by age and ability to accommodate varying skill levels within each age group. Our student to teacher ratios are 4:1 except for our Parent/Baby and Parent/Child classes which are 6:1. Our goal is to teach your child in a fun, safe environment that builds confidence, self-esteem and a feeling of accomplishment.

Adult Swim Team

Designed to give participants a challenging water workout while also working on stroke technique. Participants should know basic front crawl and backstroke. **This class meets Tuesday's and Thursday's from 7:00PM - 8:00PM.**

Private/Semi-Private Lessons

This is a great option for students to receive one-on-one attention and extra practice to refine skills. Instructors will communicate with parents to ensure the class is working towards agreed upon goals. Semi-private lessons may have two to four kids. It is recommended the students be close in skill level so the instructor can tailor the lessons to the skills of all participants. **Lessons are scheduled by arrangement and the cost is \$40/30-minute lesson for members and \$80/30-minute lesson for non-members.**

Adaptive Swim Lessons

These one-on-one lessons are for swimmers with special needs and are tailored towards the skills of each participant. Instructors will communicate with parents to ensure the class is working towards agreed upon goals. **Lessons are scheduled by arrangement and the cost is \$10/30-minute lesson for members and \$20/30 minute lesson for non-members.**

Questions?

Please contact Aquatics Manager, Todd Peters, at todd.peters@sanfordhealth.org or 701-234-6960 to arrange private, semi-private or adaptive lessons.

Swim School Levels



Parent/Baby (PB)

Parents learn to properly hold their 6-18 month old baby while working on floating, submerging, hand/eye coordination, and strength through games and songs.

Parent/Child (PC)

Toddlers ages 19-35 months. Parents learn to work with their child on floating, breath control for submerging, climbing out of the pool on their own, and muscle strengthening.

Level 1: Guppy

Children can begin to get comfortable in the water independent of their parents by learning to move through the water and submerging their head under the water.

Level 2: Starfish

Kids will become more confident and comfortable in the water independent of their parents by learning how to float on their front and back, roll from front to back, and to independently kick on their back.

Level 3: Froggie

Kids will become more confident and comfortable in the water independent of their parents by learning how to float on their front and back, roll from front to back, and to independently kick on their back.

Level 4: Turtle

Participants work on swimming under water, learning defined backstroke and front crawl, and breaststroke kicking.

Level 5: Otter

Students will swim further distances in backstroke, front crawl, and elementary backstroke and learn breaststroke and dolphin kick.

Level 6: Seal

Students will increase their strength and endurance by swimming multiple lengths of front crawl and backstroke with flip turns as well as working on breaststroke, butterfly, sidestroke, and elementary backstroke.

Level 7: Shark

These experienced swimmers will swim multiple lengths of the four competitive strokes: front crawl, backstroke, breaststroke, and butterfly while using the proper turns and underwater components for each stroke. Students who successfully complete the Shark class will be prepared for competitive swimming or entry into a lifeguard certification course.

Fall Swim School Schedule

Session Dates:

Fall Session 1: September 10 - October 20 (6 weeks)

Fall Session 2: October 22 - December 8 (6 weeks)

- No classes Monday, October 31 - Halloween
- No classes Tuesday, November 22, Thursday, November 24 and Saturday November 26 - Thanksgiving
- Cost is \$60 Members | \$120 Nonmembers
- Private lessons are \$40 per class for members and \$80 per class for Non-members.

Classes Offered:

Monday's 4:00PM - 6:00PM | Tuesday's & Thursday's 4:00PM - 7:00PM | Saturday's 9:00AM - 12:00PM

- Private lessons are available for each session and are a good option for those who want or may need more one-on-one attention.
- Check the Family Wellness website for up-to-date detailed class offering information.

Registration:

Member online registration begins Monday, July 25

Non-member online registration begins Monday, August 1

Questions?

Please contact Aquatics Manager, Todd Peters, at todd.peters@sanfordhealth.org or 701-234-6960 to arrange private, semi-private or adaptive lessons.

Safety and Education

Red Cross CPR/First Aid/AED Combo Class

Check the Family Wellness website for up-to-date detailed class offering information

Prepare for the unexpected and gain the knowledge and skills needed for effective leadership in the event of an emergency! This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving infants, children, and adults. Topics include how to recognize and manage an emergency situation, basic first aid, standard emergency care procedures and administration, CPR, AED, and more. After completion of this class, you will be certified for two years in Red Cross CPR, AED, and First Aid for adults, children, and infants. Ages 15+

\$60 Members | \$98 Nonmembers

Babysitter Training

Check the Family Wellness website for up-to-date detailed class offering information

This nine-hour American Red Cross Babysitting Course is a hands-on way to learn everything you need to know about babysitting. Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter. Included in the course is American Red Cross First Aid and CPR Certification that is valid for two years. This course will teach you to be safe on the job, how to recognize an emergency and how to handle it as well. Lunch is included and will be cooked by each participant in the class with the guidance of a Healthy Cooking Instructor. This class is for ages 10+.

\$75 Members | \$105 Nonmembers

Leagues

Adult 5 on 5 Basketball League

Starts Thursday, December 1 | 6:00PM - 10:00PM | Ages 18+

Teams will play league games and an end of the year tournament. Our league has a group of trained officials for each game. Pick up your roster and a set of rules from the front desk or online. The roster needs to be completed and turned in the first night of league play. There are limited spots available so register the Family Wellness front desk today.

\$575 Members | \$700 Nonmembers

Older Active Adult Programs

Walk This Way

Thursday's | 2:30PM - 3:30PM

Walk This Way is a program designed to support individuals with memory loss or other special needs, and their caregivers who are choosing to use physical activity as a means to manage their symptoms and mental health. Family Wellness is providing support by offering free use of two designated walking paths at our facility every Thursday.

Free for Members and Nonmembers

Coffee Social

Thursdays - September 22, October 20, November 17, December 15 | 10:00AM - 12:00PM

Join us in the multipurpose room to enjoy a warm cup of coffee and chats!

Free for Members

Healthy Cooking

Adult Healthy Cooking Classes

Set it and Forget it

Thursday, September 8 | 6:00PM - 7:00PM | Ages 16+

Come join us for a fun evening of fast and easy meals! Whether you're using a slow cooker, Instapot, or air fryer, there are a many different ways to achieve a great meal; just set it and forget it! Cooking made fast and easy for all ages!

\$15 Members | \$25 Nonmembers

Cookies, Crisps and Crumbles

Thursday, October 6 | 6:00PM - 7:00PM | Ages 16+

Join us this evening for nutritious takes on all the festive fall favorites! Cookies, crisps and crumbles to meet everybody's tastes!

\$15 Members | \$25 Nonmembers

Kids & Family Healthy Cooking Classes

Hibachi at Home

Thursday, October 27 | 6:00PM - 7:00PM | All Ages

All hands on deck for our family style Hibachi at home! Get the whole family involved while we chop, mix, and create a fast, fun, family style Hibachi dinner! Versatile options for all season and tastes!

\$15 Members | \$25 Nonmembers

Tour of Italy

Thursday, November 3 | 6:00PM - 7:00PM | All Ages

Tired of the monotony? Need a flavor vacation? Let's go to Italy! Join us for an evening of fun flavor exploration as we temp our taste buds with new takes on some old favorites!

\$15 Members | \$25 Nonmembers

Junior Chef Series

Tuesday's - November 8, November 15, November 22, November 29 | 5:30PM - 6:30PM | Ages 8-10

These lessons will advance basic kitchen skills and present knowledge around the cook top, oven, and small appliances.

\$60 Members | \$100 Nonmembers

Master Chef Series

Tuesday's - November 8, November 15, November 22, November 29 | 6:45PM - 7:45PM | Ages 11-13

With basic skills and technique in place, these lessons will challenge the child to finesse their skills and work towards independence. Knife skills will be advanced and independence at the cook top highlighted. Working with the oven and small appliances continue to be enforced.

\$75 Members | \$115 Nonmembers

Heart Healthy Holiday

Thursday, December 8 | 6:00PM - 7:00PM | All Ages

Our Heart Healthy Holiday treats are sure to replace your "humbug" with a "hooray" when you taste the festive frenzy of flavors! Join us for an evening of quick and easy heart healthy options you can introduce at your family gatherings this holiday season!

\$15 Members | \$25 Nonmembers

Group Fitness

Group Fitness Classes

Fitness comes in all shapes and sizes, and whether you're new to exercise or are a workout regular, Family Wellness has something for you. Our group fitness schedule features classes every day of the week and include popular formats like BODYPUMP, Zumba, Cycling, Barre, Yoga, HIIT, and many others. All classes are free for members unless indicated on the schedule.

Intro to Group Fitness Series

This series allows you to learn about specific classes. 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. All programs are ages 15+.

Intro to Bodypump

Saturday's - September 10, October 8 and November 5 | 10:30AM - 11:30AM

Never been to a BODYPUMP class? Maybe find it a bit intimidating? Intro classes focus on the fundamentals of each exercise, modifications, safety, cues, and the foundational techniques of BODYPUMP followed by a small sample class.

Free for Members | \$16 Nonmembers

Intro to Cycling

Saturday's - September 17, October 15 and November 12 | 10:00AM - 11:00AM

Never been to a Cycling Class? Maybe find it a bit intimidating? These basic classes deliver a great introduction to the class and will assist participants, new to Cycling, to become familiar with the format as they perform the exercises while being introduced to proper form.

Free for Members | \$16 Nonmembers

Workshops & Events

Yoga Fundamentals Workshop

Saturday's - September 17, October 15 and November 19 | 9:30AM - 12:00PM

Intro to Yoga workshops are a great way to focus on your poses, ask questions, develop your practice and make new friends. Teachers will help guide you, step-by-step, demonstrate poses, and make alignment adjustments, focusing on your practice for your body.

\$30 Members | \$50 Nonmembers

MELT Method Fundamentals Workshop

Sunday's - September 18, October 16 and November 20 | 10:00AM - 11:30AM

Come to a MELT 90 min intro workshop lead by Lori Hill and experience changes in how your body looks and feels. Learn simple self-treatments you can do at home to remain active, healthy, and pain-free for life. This all-levels workshop will use a specialized soft roller and small MELT Hand and Foot treatment Balls to stimulate the results of manual therapy.

\$30 Members | \$50 Nonmembers

MELT Method Series Level 1

Session 1: Tuesday's: September 6 - 27 | 6:00PM - 7:00PM

Session 2: Wednesday's: Nov 9 - 30 | 6:00PM - 7:00PM

Learn the 4"R"s of MELT: reconnect, rebalance, rehydrate, and release and sense powerful and immediate changes in your balance and alignment.

\$20 Members | \$50 Nonmembers

MELT Method Series Level 2

Tuesday's: September 6 - 27 | 4:30PM - 5:30PM

Refine your level 1 skills and add more MELT moves and maps to your practice. Enhance your self-treatment techniques and challenge your core, and rehydrate your shins, upper thighs, outer thighs, arms and chest.

\$20 Members | \$50 Nonmembers

MELT Method Series Level 3

Wednesday's: November 9 - 30 | 4:30PM - 5:30PM

Learn two other "R"s of MELT: Further enhance your self-treatment techniques, reintegrate and repattern in Level 3.

\$20 Members | \$50 Nonmembers

Yoga For Addiction Recovery Workshop

September 23 and October 7 | 5:30PM - 7:30PM

In this workshop, we will look at how yoga can be designed to complement the work of the 12-step program in alleviating the pain and suffering that comes with addiction and relapse helping all people recovering from all manifestations of addiction.

\$20 Members | \$50 Nonmembers

FloatNFit

Sunday's: Sept 25 - Nov 13 | 12:05PM - 1:00PM

This interval-based class combines body weight exercise with intervals, designed to tone your body, improve your endurance, and challenge your balance all while using floating fitmats on the water.

Free for Members | \$16 Nonmembers

Float Yoga

Thursday's: Sept 29 - Nov 17 | 9:05AM - 9:50AM

Take your love for yoga to the next level by moving it to the water in this 8 week specialty course. Practicing yoga on the water improves your balance and flexibility while "encouraging being fully present in the moment."

Free for Members | \$16 Nonmembers

The Giving Ride - Cycling with a Purpose

Saturday, December 10 | 8:30AM - 10:30AM

Family Wellness and Ben Franklin Middle School have come together to raise supplies for Ben Franklin Middle Schools Liz's Closet. **Free for members**

Personal Training



CARMA

ABS

CHARLOTTE

GARY

MOLLY



Athletes & Sports Performance, Boot Camps, Cancer Survivors, Corporate Wellness, Functional Fitness, General Population, High Intensity Interval Training, Individuals with Limitations, Joint Replacement, Kettlebell Training, Senior Fitness, Small Group, Strength Training, Teen Fitness, TRX, Women's Fitness, Youth Fitness

Registered Dietitian



ERIN



Cooking on a Budget, Diabetes Prediabetes and Gestational, Sports Performance, Weight Loss, Youth Nutrition

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Familywellness
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