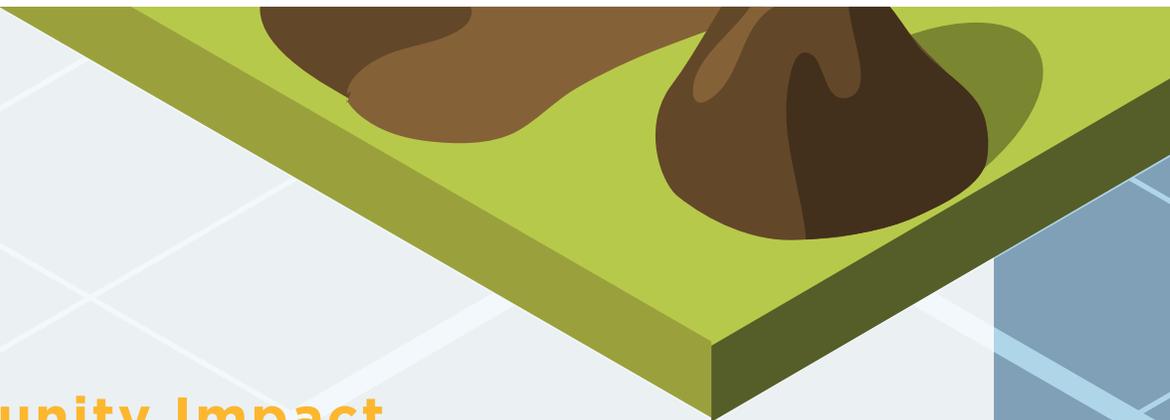


Annual REPORT

BUILDING A HEALTHIER COMMUNITY



2021



Community Impact

Letter from the Director

2021 was another challenging year at Family Wellness with the ongoing and often roller coaster effects of the COVID-19 pandemic. Our members were ready to return to a wellness and fitness lifestyle and really get moving again. We are ever grateful to our members, guests and the community who help Family Wellness to be a great community impact organization. As a non-profit organization, dedicated to inspiring healthy lifestyles, we continued to offer programs and services, both at the Family Wellness Facility and also in the community. In 2021 donors and **sponsors gave over \$100,000** through our fund-raising efforts. These funds allowed us to continue to offer nutrition education programs in the area schools, to offer fitness services to people with medical and mental health needs and to support other special programming for those in need.

Our annual report further outlines the full impact of Family Wellness on the Fargo, Moorhead, and West Fargo communities. We are thankful to be a part of his generous community.

Be well,



Jenna Johnson, Director



Inspire Wellness Initiative Impact 2021

Funds raised through the Inspire Wellness Initiative Annual Campaign allow Family Wellness to support needs based community wellness programs to help people cook well, move well, and live well for life. Programs focus on all aspects of health and wellness by inspiring healthy habits today to create healthy futures for tomorrow.

Over 4,000 children impacted through hands on healthy cooking lessons in local elementary schools through the Healthy Cooking in the Classroom Program

Total people served in membership and programs = 30,000+

We expanded the Walk this Way program so not only individuals with memory issues and their caregivers can attend family wellness, but all those with special needs now have access to our weekly walking program so they have a place to exercise and build community

The Teen Life Strides program was created to support West Fargo Middle School Students to use exercise as a way to manage mental wellness. We served over 65 teens via referral from school counselors and social workers.



10 YEARS of building A HEALTHIER COMMUNITY

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

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.



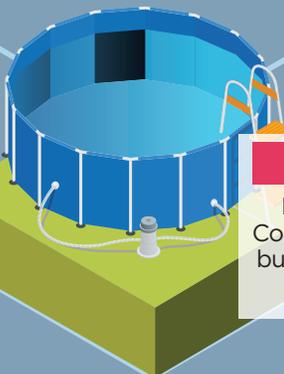
COOK WELL

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.



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)

Our Cook Well Pillar encourages better food choices through healthy cooking skills. Hands-on programs like the Cooking Matters Program teaches families the importance of healthy eating by building confidence in the kitchen and creating lifelong healthy cooking skills and for Crystal and her daughter, Huntington, it's brought their entire family together through food and fun.

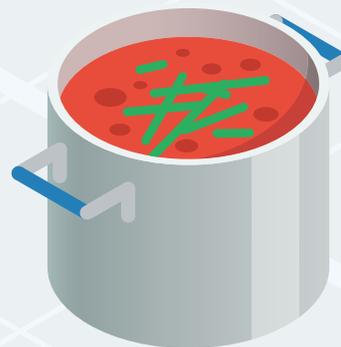
Q: How has your family become more confident choosing healthier food and cooking healthier meals?

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.

COOK
Well





Danielle (Walk This Way)

Move Well motivates healthy lifestyles through physical activity to help adults with adaptive or medical needs interact with our community and reach their full potential through our Walk This Way Program. Danielle Freitag from Vocational Training Center (VTC) shares her success story with the individual she trains named Paul.

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.

**MOVE
Well**





Kayla (Youth Volunteer Corps)

Live Well builds vibrant communities through our Youth Volunteer Corps program, focusing on creating responsible young leaders through volunteer opportunities. And for Kyra and her two children it helped them find a fun way to volunteer as a family.

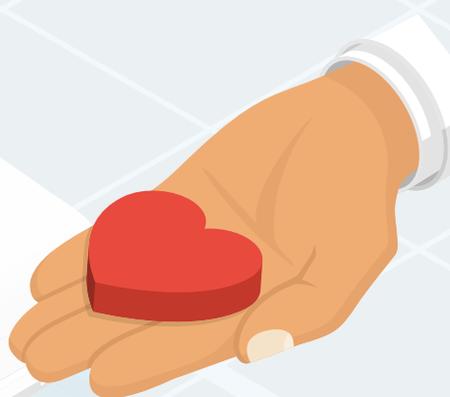
Q: In what ways do you feel this program meets a community need?

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.

LIVE Well





Familywellness



10 YEARS of Building A HEALTHIER COMMUNITY

"The Inspire Wellness Initiative is the development and community impact effort of Family Wellness and reflects our mission of inspiring healthy lifestyles by connecting people in a fun environment."

Family Wellness is a partnership between Sanford Health and the YMCA of Cass and Clay Counties.

Interested in volunteering or getting involved? Email Karsyn Wendt at Karsyn.Wendt@sanfordhealth.org or Jenna, the Director at Jenna.Johnson@Sanfordhealth.org for more information!

