

*Family*wellness



**Inspire
Wellness
Initiative**

A Familywellness Community Impact Fund

2022

ANNUAL REPORT



Community Impact Letter from Director

Jenna Johnson

As a non-profit organization, Family Wellness creates a ripple effect of wellness across our community. 2022 was a year in which our programs and services connected with many people to create that ripple. A trainer may help a member reach a new level of strength. A group fitness instructor may help people to truly stretch or strengthen in Yoga or Body Pump. A childcare staff member may support a new mom or dad with their little one.

The impact of Family Wellness is great! In 2022 we touched the lives of over 25,000 individuals. We supported 461 people with need-based memberships so they could afford the benefits of Family Wellness. Our community contributed too! In 2022 we raised \$75,000 through sponsors and member gifts. These dollars allowed us to grow and expand our non-profit reach in the community. Thank you for each of you who contributed to our mission.

Be well,

Jenna Johnson, Director (Retired March 2023)

Cory Herrmann

The ripple effect that former Director, Jenna Johnson mentions above is a great way to describe Family Wellness' presence in the community. This ripple effect isn't just on the surface, it continues to create a deep, positive impact in our community that we don't always see. I have had the unique opportunity to witness this ripple effect from multiple perspectives: as a member, as a resident, as an educator and most recently, as the new Director.

It is my mission to continue the rich tradition and expand the opportunities that Family Wellness provides to this wonderful community. We can't wait to share these unique experiences as we work to achieve our mission to "Inspire healthy lifestyles by connecting people in a fun environment". I can't wait to report all of our celebrated success and achievements at the end of 2023.

Cory Herrmann, Director

Inspire Wellness Initiative Impact 2022

The Inspire Wellness Initiative is a community impact fund developed by Family Wellness to help people cook well, move well, and live well for life. Funds raised through the Inspire Wellness Initiative Annual Campaign allow Family Wellness to support need based wellness programming to children, adults and families in our community. Our goal is to educate and motivate life-long healthy habits to help create healthy futures.



- **25,000 served** in membership and programs



- **Over 3,700 local elementary students impacted** through our Healthy Cooking in the Classroom program where they learned life-long cooking skills through hands-on cooking instruction.



- Gave over **\$800 in Summer Camp scholarships** to allow all children the opportunity to build friendships and learn the importance of physical activity in a non-competitive setting.



- **Walk this Way program served 12 individuals with memory loss or other special needs** and expanded to include free educational sessions through a partnership with the Alzheimer's Association.

Cook Well

Our Cook Well pillar encourages better food choices through programs such as **Healthy Cooking in the Classroom**. Family Wellness provides hands-on cooking instruction in the classroom to local elementary students. Our staff, along with volunteers, taught children many different food preparation skills such as: opening cans, slicing, mixing, dry and wet measuring and heat element safety. The Healthy Cooking in the Classroom program is in the health curriculum for all 4th and 5th grade students in the Fargo and West Fargo Public School Districts. Over 430 classes were taught and 3729 children were impacted in 2022.

West Fargo Public Schools 2022-2023 School Year Outcomes



- **56%** feel more comfortable cooking or helping in the kitchen.



- **69%** enjoy cooking.



- **38%** feel more comfortable making healthy food choices.



- **39%** Now eat more fruits after participating in this program.



Move Well

Our Move Well pillar offers a variety of programs that motivate healthy lifestyles through physical activity for all ages. Family Wellness provides inclusive opportunities for children, teens and adults through our **Adaptive Swim Lessons** to develop essential skills for a lifetime of safety, confidence, and physical activity around water. In 2022, we offered 216 lessons at a reduced rate, impacting 33 individuals such as youth with physical and mental impairments, teenage and adult non-swimmers, and families with financial needs.

"I think the program is really built to encourage people like me, not just kids, who want to learn how to swim, to learn how to do it and be confident in it and I felt that right away." **-Ivan**

Live Well

Our Live Well pillar helps build a healthier community by offering programs that provide an opportunity for individuals to improve their overall health and relieve stress by inspiring long-lasting healthy habits. Our **Life Strides program** was created to help individuals use exercise as a way to manage mental wellness. Through partnerships with local health care providers, we were able to serve 80 adults with mental health issues such as depression, stress and anxiety in 2022.

"Lifestrides has really helped with getting me out there and exercising and keeping a routine. It's really helped me come a long ways in terms of getting out and working on my day to day functioning." -David



Thank You

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.

Thank you to our \$1,000+ donors:

William Matthaei
YMCA
Northern Canola Growers Association
AmeriFlax
Sanford Health
Aggressive Towing and Recovery
Core Health
Widmer Roel
Northern Pulse Growers Association
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Woodway
Muscatell Subaru



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

Interested in volunteering or getting involved?

Contact Karsyn Wendt, Community Wellness & Development Coordinator at karsyn.wendt@sanfordhealth.org

or Kasey Hanson, Communications & Marketing Manager at kasey.hanson2@sanfordhealth.org.



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Thank you for recognizing Family Wellness as the “Best Place to Exercise” for 9 years in a row!

