

*Family*wellness

**SUMMER**  
**PROGRAM**  
**GUIDE**

JUNE - AUGUST 2024

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**Follow us on social media for the latest facility updates!**



@familywellnessfargo





## 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.

### **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 summer 2024 program offerings starting April 1 for members, or April 8 for non-members.**

**Register at [www.familywellnessfargo.org](http://www.familywellnessfargo.org), at the Front Desk or call 701-234-2400.**

***Please visit [familywellnessfargo.org](http://familywellnessfargo.org) for the most up-to-date facility guidelines and announcements. All programs and events are subject to change.***





# CHILDCARE EVENTS

## Drop In Childcare

Drop In Childcare is available for members and non-members ages 2 weeks through 9 years old while a parent/guardian is in the building. With an indoor play structure, 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 or a membership with childcare must be purchased at the front desk prior to entering the childcare area.

## Childcare Events

### Parent's Day Out

**Tuesdays | June 4, July 9, August 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 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 non-members**

### Parent's Night Out

**Fridays | June 7, July 12, August 9 | 4:45 - 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 Thursday 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 non-members**

### Child Developmental Screenings

**Thursdays | June 20, July 18, August 15 | 8:30 - 10:30AM**

Pediatric Therapy Partners provides 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**

**For more information, visit [www.familywellnessfargo.org/youth-family/childcare](http://www.familywellnessfargo.org/youth-family/childcare) OR contact Jessi, Childcare & Youth Programs Manager at 701-234-7450, [jessica.fetsch@sanfordhealth.org](mailto:jessica.fetsch@sanfordhealth.org).**





# SWIM SCHOOL

## Family Wellness Swim School

Family Wellness Swim School takes pride in our exciting water-safe program, where each child progresses at their own pace. Through positive reinforcement, practice and patience, students learn water-safe swimming skills while having fun. Lessons are offered for everyone ages 6 months through adulthood. Classes are structured by age and ability to accommodate varying skill levels within each age group. Student to teacher ratios are 4:1 except for Parent/Baby and Parent/Child classes which are 6:1. Our goal is to teach your child in a fun and safe environment that builds confidence, self-esteem and a feeling of accomplishment. **Cost for lessons is \$50 for members and \$100 for non-members.**

## Adult and Teen Non-Swimmers

Individuals aged 13 and over with limited or no swimming experience may register for private lessons at half the regular cost. These lessons are tailored to each individual's needs and progress at a comfortable speed for the participant. Contact Aquatics Department for more information.

**\$20/30-minute lesson for members and \$40/30 minute lesson for non-members.**

## 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 within similar levels. 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.**

## Modified Swim Lessons

These one-on-one lessons are for swimmers with specific 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 \$20/30-minute lesson for members and \$40/30 minute lesson for non-members.**

**Questions? Please contact Aquatics Department at [Aquatics-FamWellness@SanfordHealth.org](mailto:Aquatics-FamWellness@SanfordHealth.org) 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

Participants will build on their independence in the water by swimming greater distances. They will learn to transition from swimming on their front to their back with ease.

## 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.

## Summer Swim School Schedule

Cost for summer lessons is **\$50 for members** and **\$100 for non-members**. All summer classes are 30 minutes long. Check [www.familywellnessfargo.org/swim-school](http://www.familywellnessfargo.org/swim-school) for up-to-date detailed class offering information

### Session Dates:

#### Evening Session 1: 1 Night per week for 5 weeks

- Mondays 4:00 – 6:00PM | June 3 – July 1
- Tuesdays 4:00 – 7:00PM | May 28 – June 25
- Thursdays 4:00 – 7:00PM | May 30 – June 27

#### Evening Session 2: 1 Night per week for 5 weeks

- Mondays 4:00 – 6:00PM | July 8 – Aug 5
- Tuesdays 4:00 – 7:00PM | July 9 – Aug 6
- Thursdays 4:00 – 6:00PM | July 11 – Aug 8

#### Day Sessions: 5 days a week for 1 week | 9:00 - 10:30AM

- Session A | June 3 - 7
- Session B | June 10 - 14
- Session C | June 17 - 21
- Session D | June 24 - 28
- Session E | July 8 - 12
- Session F | July 15 - 19
- Session G | July 22 - 26
- Session H | July 29 - Aug 2
- Session I | Aug 5 - 9
- Session J | Aug 12 -16

**Questions? Please contact Aquatics Department at [Aquatics-FamWellness@SanfordHealth.org](mailto:Aquatics-FamWellness@SanfordHealth.org) to arrange private, semi-private or adaptive lessons.**





# HEALTHY COOKING

## Adult Healthy Cooking Classes

### Summer Salads

**Tuesday, June 11 | 5:30 - 7:30PM | Ages 16+**  
 We've rounded up our best summer salads to help you embrace this season of fresh produce abundance.  
**\$15 members | \$25 non-members**

### Pasta Making

**Saturday, June 22 | 5:30 - 7:30PM | Ages 16+**  
 Think homemade pasta is beyond your skill level in the kitchen? Think again! This class presents pasta-making in a fun accessible way.  
**\$15 members | \$25 non-members**

### Vegetable Sides

**Tuesday, June 25 | 5:30 - 7:30PM | Ages 16+**  
 Looking for a healthy vegetable side dish to serve with your next meal? These side dishes are quick and easy to make with simple ingredients that are downright delicious.  
**\$15 members | \$25 non-members**

### Quick Breads

**Tuesday, July 9 | 5:30 - 7:00PM | Ages 16+**  
 This class will teach you the basics of prepping and mixing the perfect homemade bread.  
**\$15 members | \$25 non-members**

### Heart-Healthy Side Dishes

**Tuesday, July 16 | 5:30 - 7:30PM | Ages 16+**  
 Come make some heart-healthy side dishes rich in vitamins, minerals and fiber!  
**\$15 members | \$25 non-members**

### Takeout at Home

**Saturday, July 20 | 5:30 - 7:30PM | Ages 16+**  
 Join us for an evening of tasty meals that will make you toss those takeout menus.  
**\$15 members | \$25 non-members**

### Italian Cooking

**Tuesday, July 23 | 5:30 - 7:30PM | Ages 16+**  
 Our Italian cooking class is the perfect place to learn classic dishes with fresh, high quality ingredients.  
**\$15 members | \$25 non-members**

### Thai Cooking

**Tuesday, July 30 | 5:30 - 7:30PM | Ages 16+**  
 Join us for an evening filled with flavor and fun!  
**\$15 members | \$25 non-members**

### Summer Bean Salad

**Tuesday, August 6 | 5:30 - 7:30PM | Ages 16+**  
 Join us in making a fresh, colorful and flavorful summer bean salad that will be perfect for your next bbq, pot luck, or picnic.  
**\*This class is sponsored by Northarvest Bean Growers Association and is FREE for the first 10 participants\***



### Thai Cooking

**Saturday, August 10 | 5:30 - 7:30PM | Ages 16+**  
 Join us for an evening filled with flavor and fun!  
**\$15 members | \$25 non-members**

### Mexican Cuisine

**Tuesday, August 13 | 5:30 - 7:30PM | Ages 16+**  
 In this class you will learn to cook authentic Mexican dishes full of flavor!  
**\$15 members | \$25 non-members**

### Cooking Gluten Free

**Tuesday, August 20 | 5:30 - 7:30PM | Ages 16+**  
 Have celiac disease, a gluten sensitivity, or follow a gluten free diet? This class will show you how to cook gluten-free that is delicious, affordable, and easy.  
**\$15 members | \$25 non-members**

### Mexican Cuisine

**Saturday, August 31 | 5:30 - 7:30PM | Ages 16+**  
 In this class you will learn to cook authentic Mexican dishes full of flavor!  
**\$15 members | \$25 non-members**

**For more information about Healthy Cooking Classes, visit [www.familywellnessfargo.org/wellness/healthy-cooking](http://www.familywellnessfargo.org/wellness/healthy-cooking) OR contact Tori, Community Cooking Coordinator at 701-234-8162, [tori.lee@sanfordhealth.org](mailto:tori.lee@sanfordhealth.org).**



# HEALTHY COOKING CONT.

## Kids Healthy Cooking Classes

### Protein Power Snacks

**Thursday, June 13 | 5:30 - 7:00PM | Ages 8 - 11**  
Do you want to snack without the guilt? Join us in making some high protein power snacks!  
**\$15 members | \$25 non-members**

### Muffins

**Saturday, June 15 | 10:00 - 11:30AM | Ages 12 - 15**  
There is nothing better than fresh, home-made muffins. Come learn the art of crafting mouthwatering warm muffins.  
**\$15 members | \$25 non-members**

### Berry Brownie Pizza

**Thursday, June 20 | 5:30 - 7:00PM | Ages 8 - 11**  
How could you not love pizza for dessert? Come make a fudge brownie base layered with whipped topping and fresh berries.  
**\$15 members | \$25 non-members**

### Baking Basics

**Saturday, June 29 | 10:00 - 11:30AM | Ages 12 - 15**  
Want to level up your skills in the kitchen? Look no further than our baking basics class. You will learn all you need to know to begin your culinary journey.  
**\$15 members | \$25 non-members**

### Frosted Sugar Cookies

**Thursday, July 11 | 5:30 - 7:00PM | Ages 12 - 15**  
Cookies are the perfect treat for any occasion. Come join us as we make the best frosted sugar cookies.  
**\$15 members | \$25 non-members**

### Pepperoni Roll-Ups

**Thursday, July 18 | 5:30 - 7:00PM | Ages 8 - 11**  
Do you need a new week night dinner staple? Join us in making pepperoni roll ups that your family will love!  
**\$15 members | \$25 non-members**

### Chicken Quesadillas

**Thursday, July 25 | 5:30 - 7:00PM | Ages 12 - 15**  
Come learn how to make the ultimate quesadilla!  
**\$15 members | \$25 non-members**

### Party Animal Snack Mix

**Saturday, July 27 | 10:00 - 11:30AM | Ages 4 - 7**  
Join us in making a colorful and fun snack mix. You get to be creative and mix and match your favorite sweet and salty treats.  
**\$15 members | \$25 non-members**

### S'mOreos

**Thursday, August 1 | 5:30 - 7:00PM | Ages 8 - 11**  
What do you get when you mix s'mores with oreos? S'moreos! Come make and try this crazy combination.  
**\$15 members | \$25 non-members**

### Apple Donuts

**Thursday, August 8 | 5:30 - 7:00PM | Ages 8 - 11**  
Come make these super cute snacks that are great for all ages!  
**\$15 members | \$25 non-members**

### Strawberry Tarts

**Thursday, August 15 | 5:30 - 7:00PM | Ages 12 - 15**  
Don't know what to do with the strawberries sitting in the back of your fridge? Come learn how to make some tasty strawberry tarts.  
**\$15 members | \$25 non-members**

### Rainbow Pancakes

**Saturday, August 24 | 10:00 - 11:30AM | Ages 4 - 7**  
Join us in adding some color to your breakfast. You'll taste the rainbow- literally!  
**\$15 members | \$25 non-members**

### Crepes

**Thursday, August 29 | 5:30 - 7:00PM | Ages 8 - 11**  
Come make this simple yet delicious recipe that will be your new brunch fav!  
**\$15 members | \$25 non-members**

*For more information about Healthy Cooking Classes, visit [www.familywellnessfargo.org/wellness/healthy-cooking](http://www.familywellnessfargo.org/wellness/healthy-cooking) OR contact Tori, Community Cooking Coordinator at 701-234-8162, [tori.lee@sanfordhealth.org](mailto:tori.lee@sanfordhealth.org).*





# FITNESS PROGRAMS

## Youth Fitness Programs

### Youth Healthy Lifestyle Training

**Sign up for 8 week sessions at your convenience | Ages 8 - 17**

1 on 1 training teaching the fundamentals of exercise and ways to make it fun and enjoyable for kids. Includes 1 healthy cooking class as well as a parent questions and answer on youth fitness. Kids will also be provided a packet of ways to stay active and healthy after the program.

**\$140 members | \$200 non-members**

### High School Athletic Development Program

**4 week sessions starting June 4, July 9, August 6 | Ages 14 - 18**

**Sessions on Tuesdays & Thursdays 9:00 - 10:00AM OR 1:00 - 2:00PM (8 sessions total)**

Train in a small group setting while concentrating on the foundational movement patterns of squatting, pushing, pulling, and hinging with the goal of developing great technique and progressing when ability and form allow. This program will help you become a more efficient mover that includes better mobility, stability and flexibility which will help reduce injuries and increase performance. We will also teach the importance of sports nutrition in young athletes.

**\$50 members | \$100 non-members**

### Teen Fitness Orientation

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday of every month | 3:00 - 3:45PM | Ages 12 - 14**

Get to know how to properly use all our machines and cardio equipment by going through an orientation with one of our certified personal trainers. By completing this orientation all kids 12 - 14 years old will be able to use this equipment without the supervision of a guardian.

**FREE for members**

## Adult Fitness Programs

### Hunting & Backpacking Course

**Thursdays | June 6 - August 8 (no session the week of July 4) | 6:00 - 7:00AM OR 12:00 - 1:00PM | Ages 16+**

Is nature calling for a long hike, trek, or camping trip? Are you preparing for a fall hunting trip in western North Dakota or beyond? Have a long-distance backpacking trip planned this year? This program is designed specifically for you to prepare the body and mind for the miles, altitude, and terrain you want to tackle. It's time to kick it in gear for this program that will test your body and get you into shape so you can focus on enjoyment when it's go time.

**\$150 members | \$200 non-members**

**For more information, contact Matt, Fitness & Wellness Programs Manager at 701-234-7643, [matthew.bauman@sanfordhealth.org](mailto:matthew.bauman@sanfordhealth.org).**



# 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. All Group Fitness classes and events are for ages 15+.

## Group Fitness Events

### Woof-A-Palooza | Outdoor Dance Party Supply Drive

**Saturday, June 8 | 9:30 - 11:00AM | Ages 15+ (Ages 12 - 14 with a guardian)**

Come wag your tail with us in our outdoor courtyard! We will have many of your favorite dance instructors showcased at this event. We ask that you bring new or gently used pet supplies that we will donate to 4 Luv of Dog Rescue. Blankets, toys, cleaning supplies, and dog/cat food & treats are some of the items that are always in high demand at the shelter.

**FREE for members and non-members with a donation**

### Yoga on the Vine

**Tuesday, June 18 | 5:30 - 8:00PM | Ages 21+**

Family Wellness has teamed up with Bear Creek Winery to craft a relaxing and fun event of yoga & wine tasting! Following a relaxing 55 minute yoga class enjoy a light meal combined with educational wine tasting and some local artists and makers displaying some of their beautiful work for purchase. Cost includes yoga class, meal and wine tasting.

**\$55 members | \$65 non-members**

### Meditation Around Town

**Thursdays | June 13 (Elmwood Park), July 11 (The Lights), August 8 (Rivers Bend Park) | 6:30PM | Ages 15+**

Meditation Around Town is a free, monthly meditation that is offered to the public and will be held in a different location around the Fargo-Moorhead area each month! The meditations will be led by local people who enjoy quieting the mind and exploring the inner self. No meditation experience is necessary! Please bring a mat, chair, cushion or towel to sit on.

**FREE and open to the community**

### Dance United

**Date and location TBD**

We invite you to a great event that supports children in our community through a fun night of dance! This event unites the largest fitness facilities in the Fargo-Moorhead area for a great cause - the United Way School Supply Drive. Featured dance instructors from Courts Plus, Family Wellness, and the YMCA of Cass and Clay Counties!

**FREE for members and non-members with a donation**

### Y12SR Meeting/Yoga Class offering

**Mondays | 4:30 - 6:15PM | Held at Soul Solutions Recovery Center | 1801 38th St S, Fargo, ND | Ages 15+**

Y12SR (Yoga 12-Step Recovery) combines the practical tools of the 12-Step Program with the ancient wisdom of yoga. This is a 12-step based discussion and yoga practice that is open to anyone dealing with their own addictive behavior or affected by the addictive behavior of others. All A's and those that have loved one's in recovery welcome.

**For more information, visit [www.familywellnessfargo.org/fitness/group-fitness](http://www.familywellnessfargo.org/fitness/group-fitness) OR contact Karla, Group Fitness Manager at 701-234-6097, [karla.hensrud-wagner@sanfordhealth.org](mailto:karla.hensrud-wagner@sanfordhealth.org).**



# WELLNESS PROGRAMS

## Active Older Adult Programs

### Walk This Way

**Thursdays | 1:30 - 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 non-members**

### Coffee Social

**Thursdays | June 20, July 18, August 15 | 9:00AM - 11:00AM**

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

**Free for members**

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## Safety Education

### Red Cross CPR/First Aid/AED Combo Class

**Thursdays | June 13, July 11, August 8 | 6:00 - 8:00PM | Ages 15+**

**Fridays | June 21, July 19, August 16 | 6:00 - 8:00PM | Ages 15+**

***This is a blended learning class with some coursework completed online in advance.***

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.

**\$65 members | \$105 non-members**

### Babysitter Training

**Saturdays | June 1, July 13, August 10 | 8:00AM - 4:00PM | Ages 11+**

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 an instructor.

**\$85 members | \$115 non-members**

***For more information, contact the Aquatics Department at [Aquatics-FamWellness@SanfordHealth.org](mailto:Aquatics-FamWellness@SanfordHealth.org)***

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## Sanford Physical Therapy Screenings

### Physical Therapy Screenings

**2<sup>nd</sup> Tuesday of every month - June 11, July 9, August 13 | 9:00 - 11:00AM**

Family Wellness is partnering with Sanford Physical Therapy to bring screenings to our members! The therapist will give you guidance on next steps to improve your ability to move well. Our trainers will be on hand to assist with any future training needs. Limited individual 15-minute time slots. Register at the front desk!

**FREE for members**

***For more information, contact Matt at 701-234-7643, [matthew.bauman@sanfordhealth.org](mailto:matthew.bauman@sanfordhealth.org).***



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## Leagues & Tournaments

### Pickleball League

**Wednesdays | June 5 - July 31 (no league the week of July 4) | 8:00 - 9:30AM | Ages 18+**

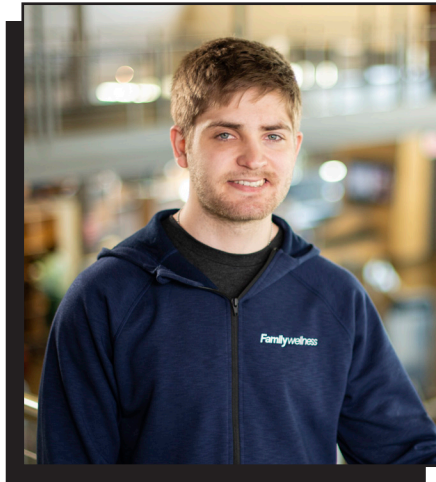
Join us for our Ladder Pickleball League! Games will be scheduled between 8:30-10:30AM. No need to find a partner as each week you will be paired with other individuals with similar skill level. You will play with a different partner each game and based on individual results you will be placed accordingly for the following week. This will be a great opportunity for all levels as you will be paired with others of similar skill. Spots will be limited to 32.

**\$10/person members | \$25/person non-members | Registration deadline: June 3**

# PERSONAL TRAINING



**MATT**



**NICK**



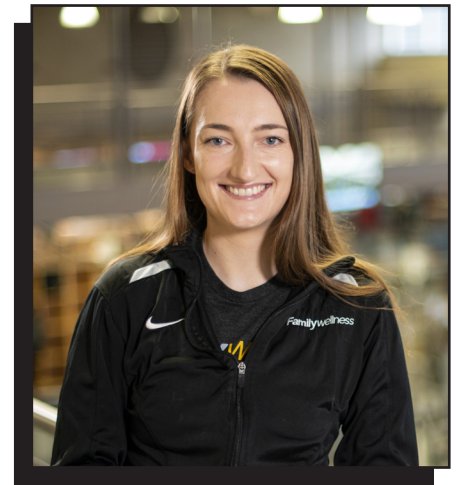
**CHARLOTTE**



**ABS**



**GARY**



**PAIGE**



## SPECIALTIES INCLUDE

Athletes & Sports Performance, Boot Camps, Cancer Survivors, Functional Fitness, 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.

**For more information and Personal Training rates, visit [www.familywellnessfargo.org/fitness/personal-training](http://www.familywellnessfargo.org/fitness/personal-training) OR contact Matt, Fitness & Wellness Programs Manager at 701-234-7643, [matthew.bauman@sanfordhealth.org](mailto:matthew.bauman@sanfordhealth.org).**





# FUNDRAISING EVENTS

## Upcoming Fundraising Events

As a non-profit organization, Family Wellness is dedicated to providing need based community wellness programming to help people **cook well**, **move well** and **live well** for life. Programs focusing on the 3 pillars, we aim to support all areas of wellness by inspiring and building healthy habits today to create healthy futures for tomorrow. Join our mission to inspire healthy lifestyles and make a lasting impact! See our upcoming fundraising events below or donate anytime at [www.familywellnessfargo.org/inspire-wellness](http://www.familywellnessfargo.org/inspire-wellness).

### Food & Fitness FUN-Raiser

**Thursday, June 13 | The Plaza at the Lights | 5:00 - 8:00PM**

Bring the whole family for food, live music, inflatables and fun; all while celebrating and supporting healthy cooking and wellness programs. We will also be joined by area chefs, restaurants and food trucks offering healthy samples and other fun dishes. During this event, we will get the opportunity to recognize our Jr. Chef participants and announce the winner from our Kids Healthy Cooking Competition. All funds raised go towards need-based community wellness programs in our area.

**FREE and open to the community!**



### Family Wellness Sand Classic

**July 26 | Fargo Billiards & GastroPub | Sessions at 12:00PM and 6:00PM**

Take the initiative this summer and join us for the Family Wellness Sand Classic (a 6 on 6 Adult Co-ed Sand Volleyball Tournament). Games will be played at the Fargo Billiards and GastroPub outdoor sand volleyball courts. All proceeds from the tournament will go directly towards Family Wellness' Inspire Wellness Initiative.

**\$180/team (Max 10 players per team) | Registration deadline: July 22**

**For more information or available sponsorship opportunities contact Brea, Development Manager at 701-234-5996, [brea.egeland@sanfordhealth.org](mailto:brea.egeland@sanfordhealth.org).**



**Inspire  
Wellness  
Initiative**

A FamilyWellness Community Impact Fund

**Familywellness**

# INSPIRE WELLNESS INITIATIVE

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.

## Inspire Wellness Initiative Impact in 2023



- Served an average of **11,974 members** per month, with **527,685 total check-ins** during the year



- **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.



- **492 need-based or specialized swim lessons** were taught at a reduced rate, allowing **55 individuals** an inclusive opportunity to learn confidence around water.



- Family Wellness works alongside Sanford Health to offer **Medical Support** and **Family Support Memberships**. In 2023, **19 individuals** received these memberships.

## Your membership can have a mission at Family Wellness

Join our mission to inspire healthy lifestyles and make a lasting impact! You can improve lives in our community with a gift to the Inspire Wellness Initiative. Donate online, at the front desk, or through an upcoming Inspire Wellness event. All gifts of \$25 or more to the Inspire Wellness Initiative from a member are recognized with a Family Wellness Gold Membership Card which signifies your commitment to inspiring healthy lifestyles in our community.



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**Familywellness**  
A PARTNERSHIP BETWEEN **SANFORD**   
HEALTH