




# Family wellness

A PARTNERSHIP BETWEEN **SANFORD** HEALTH 

ANNUAL REPORT

# 2023

## Community Impact Letter from Director

Time flies when you're having fun! March 6th marks one year serving as the Executive Director of Family Wellness and I can honestly say that I look forward to coming to work every day! I have the unique opportunity to interact with people that are excited to be here and can't wait to surround themselves with positive people. Our staff, our members and the little kiddos that wave as they walk by always make this place feel warm and welcome. Family Wellness is a tight knit community that reaches out and welcomes others with open arms.

A great example of the commitments our members have made toward living a healthy lifestyle can be seen in the statistics from 2023. This past year, we had over a half a million people check in to our facility and over 204,000 miles put on our treadmills. That's the equivalent of over 8 trips around the Earth in one year - now that's inspiring!

We couldn't do it without the support of our community! In 2023, we raised over \$63,000 through our sponsors and member gifts. We also were gifted a \$17,000 grant from the Parkinson's Foundation to help support and bring back our Parkinson's Program. These dollars help us continue to empower individuals and provide opportunities to Cook Well, Live Well, & Move Well throughout our community.

As we reflect on all the impressive stats, it's easy to see why Family Wellness was voted the "Best Place to Exercise" for the past 10 years in a row. It's the connections and the positive relationships we continue to build within our facility and throughout our community. We love it here and we truly believe that Togetherness = Wellness. We are very excited about the positive impact we made in 2023 and in 2024 we hope to extend our reach and see how many lives we can positively impact throughout our community and continue to inspire healthy lifestyles and share that same fun environment we create within our facility.

*To your continued success,*

Cory Herrmann, Executive Director

**Mission Statement - *Family Wellness is a non-profit organization whose mission is to inspire healthy lifestyles by connecting people in a fun environment.***



## The Inspire Wellness Initiative

A community impact fund launched by Family Wellness, aims to empower individuals to embrace lifelong wellness through healthy cooking, active living, and overall well-being; also known as our Cook Well, Live Well, & Move Well pillars. Contributions gathered during the Inspire Wellness Initiative Annual Campaign enable us to provide tailored wellness to children, adults, and families in our community based on their specific needs.



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



- Supported 210 need-based memberships, which granted 586 people the opportunity to enhance their life through exercise.



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



- 3,700 local elementary students participated in hands-on cooking lessons with our Healthy Cooking in the Classroom program.



- 8 children received scholarships to participate in Family Wellness' Summer Camp where they can build friendships through activity and play in a non-competitive setting.



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

## Cook Well

The Cook Well pillar prioritizes empowering healthier dietary decisions through initiatives like Healthy Cooking in the Classroom. Family Wellness facilitates interactive cooking sessions directly within local elementary school classrooms. Our team, alongside dedicated volunteers, imparts a range of essential food preparation techniques to students, including can opening, slicing, mixing, precise measuring, and safety around heat elements. Integrated into the health curriculum, the Healthy Cooking in the Classroom program now reaches all 4th and 5th grade students within the Fargo and West Fargo Public School Districts.

### West Fargo Public Schools 2023 Outcomes



- **86% enjoy cooking**



- **81% feel more comfortable cooking or helping in the kitchen**



- **76% feel more comfortable making healthy food choices**





## Move Well

Our Move Well pillar hosts diverse programs aimed at promoting healthy lifestyles through physical activity across all age groups. Family Wellness extends inclusive opportunities to children, teenagers, and adults alike.

In 2023, the Move Well pillar celebrated the return of the Parkinson's Program, thanks to a grant from the Parkinson's Foundation. The Parkinson's Foundation funds community grants that further the health, wellness and education of people with Parkinson's disease across the U.S. the Foundation recognizes the unprecedented need for community-related programs and events and gifted us \$17,000 to assist in bringing back this important training program for the neurodivergent community.

In this program, our trainers collaborate with the Parkinson's community to integrate physical activity with engaging group sessions, fostering symptom management within a supportive, social atmosphere. Although these sessions alleviate symptoms, it's important to note that there is currently no cure.



- **In August, we started weekly training sessions for 5 individuals referred from Sanford Health, resulting in 22 total sessions in 2023. During these sessions, participants work alongside a trainer to learn a series of functional movements that focus on strength and balance.**

## Live Well

The Live Well pillar contributes to a healthier community through programs that empower individuals to enhance their overall well-being and alleviate stress. Our Family Support, Medical Support, and Life Strides programs are designed to help individuals use exercise to promote mental wellness.

- **Family Support Program:** this program aids individuals diagnosed with cancer and their families by granting access to facilities, enabling them to focus on their well-being. Additionally, this initiative aids families of long-term hospital patients, encouraging them to prioritize self-care and provide enhanced support for their loved ones during hospital stays.
- **Medical Support Program:** our objective is to assist eligible individuals or families in accessing our facilities and professionals to promote exercise as an integral component of their holistic wellness routine. Family Wellness and Sanford Health deliver comprehensive programs aimed at preventing and addressing illnesses, diseases, and injuries.
- **Life Strides Program:** consistent physical activity can significantly improve one's ability to cope with conditions like depression, anxiety, and other mental or physical challenges. This initiative aims to empower individuals to use exercise as a tool for managing their mental well-being. Participants are welcome to use our walking track on the second floor of Family Wellness.





## 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:**

- Aggressive Towing and Recovery
- Border Bank
- Bremer Bank
- Johnson Fitness and Wellness
- Jonas Compete
- Marvin
- McGough Construction
- Muscatell Subaru
- Northarvest Bean Growers Association
- Northern Canola Growers Association
- Northern Pulse Growers Association
- Sanford Health
- Scheels
- Square One Kitchens
- William Matthaei
- YMCA

# Familywellness



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

## Interested in volunteering or getting involved?

Contact Brea Egeland, Development Manager at [brea.egeland@sanfordhealth.org](mailto:brea.egeland@sanfordhealth.org)



@familywellnessfargo

Thank you for recognizing Family Wellness as the “Best Place to Exercise” for 10 years in a row.

