

*Family*wellness

A PARTNERSHIP BETWEEN **SANFORD** the **Y**
HEALTH

2024



ANNUAL

Report



INSPIRING CHANGE T

Community Impact Letter from Director

"As we reflect on the past year at Family Wellness, we are filled with gratitude for the growth and impact we've achieved together as a community. Our mission, centered around family wellness, continues to strengthen the bonds within our neighborhood. Caring for one another and fostering well-being are at the heart of everything we do, and the relationships we build showcase the power of our collective effort. This year, we've focused more than ever on sparking change, fostering connections, and creating a sense of belonging throughout our community.

Our annual campaign, Ignite Wellness, has been a driving force behind our mission to provide inclusive wellness programming for all ages. Thanks to the generosity of our community, we raised over **\$62,000 in 2024**, expanding our reach and creating life-changing opportunities. None of this would be possible without the unwavering support of our members, and we are deeply grateful for their continued trust.

Our success is a direct result of our dedicated staff, who consistently go above and beyond to create a welcoming, engaging environment. Their commitment to inspiring healthy lifestyles and connecting people in a fun setting is the heart of our mission. In 2024, we added new equipment, introduced innovative programming, and focused on maintaining a clean and safe environment for all. With your continued support, we look forward to even greater success in the year ahead. Thank you for being an essential part of our journey at Family Wellness."

- Cory Herrmann, Executive Director

Mission Statement - Family Wellness is dedicated to promoting inclusivity, vibrant connections, and healthy lifestyles through innovative wellness programs, educational advocacy, and community engagement in a supportive environment.

TOGETHER

The Ignite Wellness Campaign is lighting the way toward a healthier, more connected future for all. Through our Community Impact Fund, Family Wellness is empowering individuals and families to embrace lifelong wellness.

This mission comes to life through our pillars of Wellness Programming, Education & Advocacy, and Community Outreach & Engagement. Every contribution to Ignite Wellness helps fuel programs tailored to meet the unique needs of children, adults, and families in our community - ensuring that wellness is not just a goal, but a reality for all. Together, we're not just raising funds - we're sparking transformation, one life at a time.

Impact in 2024:



- **571,760 total check-ins in 2024 and averaged 44,137 check-ins per month.**



- **Supported 324 need-based memberships, which granted 925 people the opportunity to enhance their life through exercise at a more affordable rate.**



- **91 swim lessons. 12 lives changed.** Inclusive swim lessons built confidence, safety, and a sense of belonging - one splash at a time!



- **1,520 local elementary students rolled up their sleeves and got cooking with our Healthy Cooking in the Classroom program - learning lifelong skills, one delicious lesson at a time!**



EMPOWERING

Wellness Programming: Empowering Health, Every Step of the Way

At Family Wellness, we're committed to offering a wide range of activities that support the overall well-being of our community. Our programs are designed to be inclusive, catering to all ages, abilities, and life experiences, ensuring that everyone can benefit and thrive.

In 2024, our Wellness Programming framework made a lasting impact through programs such as:

- **Neurofit Program:** Over 20 individuals living with Parkinson's Disease, MS, and those recovering from strokes participated in small group training sessions, focusing on functional movements that foster strength, balance, and independence.
- **Adaptive Training:** Offering affordable personal training to individuals facing various health challenges, we helped empower participants to achieve their fitness goals in a supportive, personalized environment.
- **Youth Healthy Lifestyles:** With the goal of educating kids aged 7-12 on the importance of exercise, we trained 25+ children in 2024, teaching them proper movement techniques in a fun, engaging way while fostering healthy habits for life.
- **Life Strides:** Our weekly walking sessions provided a supportive space for individuals participating in a mental health focused program at Sanford Health, with monthly meetings focused on the powerful connection between exercise and mental health.
- **Meditation Around Town:** Offering mindful moments across the community, this program encourages peace, focus, and mental clarity, bringing people together to experience the power of meditation.
- **Yoga 12-Step Recovery:** A supportive space where individuals on their recovery journey can practice yoga to enhance their emotional, mental, and physical healing process, promoting resilience and inner strength.



NG HEALTH

Education & Advocacy:

Empowering Health through Knowledge and Action

At Family Wellness, we are dedicated to improving health literacy by offering resources, workshops, and campaigns that empower individuals with the knowledge and tools they need to lead healthier lives. Our commitment to education and advocacy is most evident in our largest nonprofit initiative, the Healthy Cooking in the Classroom program, which made a profound impact on students in West Fargo Public Schools in 2024:



Feel more comfortable in the kitchen



Feel more comfortable making healthy food choices



Overall enjoy cooking



Feel they are eating more fruits & veggies

Additionally, in 2024, we were proud to provide 7 camp scholarships, ensuring financial barriers didn't stand in the way of kids benefiting from our life-changing programs. We also helped 12 individuals receive 91 swim lessons on scholarship, giving them access to essential life skills and building confidence in the water.

ACCESS TO

At Family Wellness, we work with community partners like Sanford Health to make wellness services accessible to all. In 2024, 20 individuals received Medical Support and Family Support Memberships, providing crucial access during challenging times.

Our **Family Support Program** offers families of cancer patients and long-term hospital patients the resources to prioritize their own well-being, while our **Medical Support Program** helps individuals incorporate exercise into their holistic wellness routines, preventing and addressing health issues.

The **Life Strides Program** empowers individuals to manage mental health through consistent physical activity, providing access to our walking track for those coping with depression and anxiety.

Additionally, we were awarded a \$25,000 grant from the Ottertail Foundation, supporting the growth of our **NeuroFit Program**, which offers tailored training for individuals with Parkinson's Disease, MS, and stroke survivors.

Through these initiatives, we continue to foster a healthier, more connected community, empowering individuals to take charge of their wellness journey.



WELLNESS

The Ignite Wellness Campaign is the heart and soul of our development and community impact efforts at Family Wellness. It embodies our mission to foster inclusivity, build vibrant connections, and promote healthy lifestyles. Through innovative wellness programs, educational advocacy, and community engagement, we are creating a supportive environment where every individual has the opportunity to thrive.

Thank you for being a part of this journey. Your support is helping us ignite change and make wellness accessible to all, empowering individuals and families to live their best, healthiest lives. Together, we are building a brighter, healthier future for our community.

Thank you to our \$1000+ donors:

- ACADIA Pharmaceuticals, Inc
- Aggressive Towing & Recovery
- Jonas Compete
- Johnson Commercial Fitness
- Muscatell Subaru
- Northarvest Bean Growers Association
- Northern Canola Growers Association
- Northern Pulse Growers Association
- Ottertail Foundation
- Sanford Health
- Scheels
- Square One Kitchens
- YMCA of the Northern Sky





Family Wellness is a dynamic partnership between Sanford Health and the YMCA of the Northern Sky, dedicated to empowering individuals and fostering a healthier, stronger community.

Ready to make a difference?

Visit www.familywellnessfargo.org/nonprofit-efforts to learn how you can get involved and volunteer!



@familywellnessfargo

Thank you for making Family Wellness the
"Best Place to Exercise" for 11 years in a row!

