



ForeverWell

Welcome to ForeverWell

Welcome to ForeverWell! ForeverWell is an evidence-based Y-USA program that is designed for those who are 55+ and involves a holistic approach to whole body wellness. ForeverWell is composed of 5 components; Mind, Body, Spirit, Community, and Nature.

Our focus is helping older adults improve their overall wellbeing in a holistic way. In addition to concentrating on physical health, we aim to deepen social engagement between the Y and aging adults. The meaningful relationships formed through the social support of the Y will help reduce social isolation and improve quality of life.



JOIN US! SENIOR FUN & FITNESS DAY

You're invited! Join us for our Senior Fun & Fitness Day taking place Tuesday August 15 from 11:00am-1:00pm at both the Kane Center & Sturgeon Bay Program Center. Enjoy time together with the 55+ community as we discuss the launch of our ForeverWell program. Enjoy fun games, food and refreshments. Registration is open now! Visit the Welcome Centers for more details.

Jackie & Steve Kane Center

Tuesday, August 15 • 11:00am-1:00pm

OR

Sturgeon Bay Program Center

Tuesday, August 15 • 11:00am-1:00pm

For more information contact Mae Daniels at 920.868.3660 or mdaniels@doorcountyyymca.org or Abby Tesch at 920.743.4949 or atesch@doorcountyyymca.org.