

FOREVERWELL FAIR

Thursday, November 12

at the Roehl Family YMCA
11:00am–2:00pm

FREE EVENT

Members and CP's
No registration required!

LOTS TO LEARN!

- App Assistance
- Membership Information
- Insurance Information
- Healthy Minds Table
- Spiritual Development Table
- Wellness Table:
  - Group Ex
  - Personal Training
  - Egym
  - Wellness Center Services
- Program Sign Up Information
- Medicare Information available from John Jerge
- Travel Information
- Waukesha County Public Health
- Waukesha County Falls Prevention Coalition Info

FREE SCREENING

Join Hearing Specialist, Donna Crain, MS HIS for a info session on Hearing Loss.

11:00am
Hearing Loss Information Session

11:30am
FREE Hearing Screenings

GIVE IT A TRY!

Try out or observe one of our group ex classes!
*Non-members will need to sign a waiver.

11:00am
AOA Cardio Dance • Aerobic Studio

11:00am
Bingo • Front Lobby

11:45am
Chair Yoga • Mind Body Studio

12:15pm
Tai Chi Experience • Aerobic Studio

12:30pm Observe only
AOA Aqua Dance Party • Therapy Pool

the YMCA

ROEHL FAMILY YMCA
www.glcymca.org