

FOREVERWELL (55)+ FEBRUARY NEWSLETTER

Heart health in February



1. Eat a Heart-Healthy Diet

Focus on fruits, vegetables, whole grains, lean proteins, and healthy fats (like olive oil and nuts).

Limit salt, sugar, and processed foods to reduce the risk of high blood pressure and heart disease.

2. Stay Physically Active

Aim for at least 150 minutes of moderate exercise per week, such as walking, swimming, or cycling.

3. Monitor Blood Pressure & Cholesterol

High blood pressure and cholesterol increase heart disease risk. Regular check-ups help manage these levels.

4. Quit Smoking & Limit Alcohol

Smoking damages blood vessels and increases heart disease risk. Seek support to quit if needed.



- **IN THIS ISSUE**
Save the dates!
Every Monday
11:15–12:15PM

**Forever well coffee
and popcorn**

**Located In the
teaching kitchen!**

If you have any questions please
feel free to reach out to me
(Markis Losey) 715-540-6516

OR

(Jacob Klatkiewicz) 715-818-6015

**We look forward
to seeing you!**

Stay up to date!

Pop Up Program

Basic Tae Kwon Doe Self-Defense

Mindful Eating

Thursday February 13th 5-6:30pm

Red lentil soup with sweet potatoes curry

Senior fall Prevention and Protection

Monday February 24th at 11:15-12:15pm

with Guest speaker Brennan Agen

Division chief of fire

Lunch and Learn

Wednesday February 26th 11:15-

12:15pm

Hamburger veggie soup

**Don't forget to ask the front Desk
about our 24 hour access!**

Did you enjoy this issue?

If you have any questions please feel free to reach out
to Markis Losey 715-540-6516

the



**Group classes
to look out for!**

Tai Chi with

Tuesdays and Thursdays

8:15-9 and 7:30-8:15am

**Forever Active
M/T/W/TH
10:15-11:00**

**Chair flow T/TH
11:15-12:00**

**Active older adult
M/W/F 8:15-9:00**

For more info please
check out the YMCA
website