



FOREVERWELL (55)+ MARCH NEWSLETTER

MINDFULNESS IN MARCH



Being mindful can significantly enhance your fitness journey
by improving...

1. Better Form and Technique
2. Enhanced Mind-Muscle Connection
3. Reduced Risk of Injury
4. Improved Breathing Control
5. Increased Workout Enjoyment
6. Better Stress Management
7. Enhanced Recovery and Rest
8. More Motivation and Discipline
9. Improved Eating Habits
10. Greater Consistency and Longevity

IN THIS ISSUE

Save the dates!

Every Monday.

11:15-12:15PM

**Forever well coffee
and popcorn**

**Located In the
teaching kitchen!**

**We look forward
to seeing you!**

If you have any questions please
feel free to reach out to us

715-818-6015

Stay up to date!

Mindful Eating March 13th

Grain free Italian sweet potato

egg bake \$15 for members/\$20 non Members

From 5:00-6:30PM

Guest speaker March 24th at 11:15

Michele Losey Assistant Director of health services from ODC on mental health

Help and resources

Lunch and learn March 26th

Mason Jar salads

With freshly made dressing

From 11:15-12:15 pm

Pop Up Program Friday March 28th

Yoga rest and stretch

with Markis Losey from 6-7PM

**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

715-818-6015



**Group classes
to look out for!**

**Beginner Irish dancing
For adults and kids!
starts march 31st**

**Tai Chi with
Tuesdays and Thursdays
8:15-9 and 7:30-8:15am**

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

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

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

**For more info please
check out the YMCA
website**