



FOREVERWELL

October 2024

World Arthritis Day

October 12, 2024



Did you know that arthritis impacts more than 50 million Americans, including 300,000 children in the US? According to research, movement is the best medicine – and the Y can help!

Visit arthritis.org for programs, therapies and natural relief tips. Next, be sure to visit marshallareaymca.org to learn more about our fitness offerings for any ability level and age.

Next Dr. Discussion – October 16th 10-11am (CHANGE IN TOPIC!)

We had such great attendance last month and we know you all have more questions about Medicare so please join Dr. La Porte and Dr. Zaheer for a Medicare Review!

Y Reads – November 2024

Book: Practical Magic by Alice Hoffman

When: Friday 11/22/24 9:30am

Where: Youth Room or Lobby

Questions? Call or text Sue 507-476-8335



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Ways to Team Up and Build Connection in Marshall!

October is National Diversity Awareness Month. The Marshall Area YMCA is committed to building bridges right here in our community and will celebrate our differences and shared values beyond the month of October. Check out 13 ways below that you can team up with the Y and help create unity in Marshall and at the Y!

1. Introduce yourself to one of your neighbors who you don't know.
2. Attend a community program at the Marshall Area YMCA you haven't yet attended.
3. Attend an event or book club at your local library, share your life with others and listen to their experience of your community.
4. Try a new restaurant in Marshall – especially one with ethnic food you may not have tried before!



We all have mental health. On #WorldMentalHealthDay, the Marshall Area YMCA invites you to learn more about how we support mental health – whether it's through fostering connections among our community members, bringing people together in a group fitness class, creating a sense of belonging for all, building strong relationships, providing safe spaces for everyone or simply demonstrating empathy and compassion in all interactions - we are committed to the mental health and wellbeing of our Marshall community.



CLASS SPOTLIGHT

FOREVERWELL SAIL (in partnership with A.C.E.)

Stay Active & Independent for Life (SAIL) is all about keeping you strong and ready for anything. This class will focus on building strength and improving balance. See the attached flier for more information.

Try it every Tuesday and Thursday at 9:30am in the Meeting Room!

(September 3rd to November 21st)

Check back each month to see which class will be featured next and find something new to try!



A.C.E. of Southwest Minnesota

The programs and services we offer are founded on **Advocating**, **Connecting**, and **Educating** the citizens of southwest Minnesota. Our resources and supports help to enable adults to live safely and independently for as long as possible. We also help meet community needs by matching volunteers with activities that fit their interests, schedules, and experience.