



# FOREVERWELL

SEPTEMBER 2024 | HAROLD MEZILE NORTH COMMUNITY YMCA

## CHECK IT OUT!



### END OF SUMMER FOREVERWELL BBQ

Come have a good time with friends as we as we enjoy the last days of summer. September 13th @ 11-2pm.  
(SIDES & DESSERTS WELCOME)

### NEVER TOO LATE

It's never too late to prioritize your Health & Wellness. Harold Mezile has group exercise classes for all fitness levels, a fitness center, an indoor walking track, as well as an indoor pool. Call or stop by Harold Mezile to find out how you can start or continue your Health & Wellness journey at the Y.

### FRESH COFFEE

Why buy coffee when you can enjoy a fresh cup on us. Weekday mornings in the lobby until noon.



## STEP INTO SEPTEMBER

### KEEP IT MOVING!

As the season transition into fall and the weather starts to get crisp, it is important to stay active. Fall provides great opportunities for physical activities considering it is not too hot and not too cold. You can take long walks to see the beautiful fall colors, go biking with family, join or create a fall sports team, or join a walking club. Once the leaves have fallen, raking is a good exercise.

It's also important to stay social. Shoot for activities that provide the opportunities for social engagement, positive discussion, mental stimulation, and bonding.

If you are looking for a safe, supportive, senior friendly place to stay active and social in the North Community, call or stop by Harold Mezile North Community YMCA and check out what we have going on for older adults.

### BRANCH HOURS

M-F: 7am-8pm  
Sat: 8am-2pm  
Sun: Closed

### HAROLD MEZILE NORTH COMMUNITY YMCA

Tanisha Randolph  
ForeverWell Coordinator  
612-492-2054

# COMMUNITY ACUPUNCTURE!!

(FREE TO NON MEMBERS!)



ACUPUNCTURE IS AN ANCIENT PRACTICE STARTED IN CHINA 3000 YEARS AGO AND IS USED AS AN ALTERNATIVE TO MEDICINE. AN ACUPUNCTURIST INSERTS THIN STEEL NEEDLES AT MULTIPLE "ACUPOINTS". THE NEEDLES REBALANCE YOUR BODY'S ENERGY AND PROMPT YOUR BODY TO RELEASE NATURAL CHEMICALS TO FIGHT THE ILLNESS OR SICKNESS. STUDIES HAVE SHOWN THAT ACUPUNCTURE HAS BEEN USED TO TREAT MENSTRUAL CRAMPS, HEADACHES, ADDICTION, AFTER SURGERY DENTAL PAIN, FIBROMYALGIA, MYOFASCIAL PAIN, AND MUCH MORE!

## 5 Little-Known Benefits of Acupuncture

- 1 May help relieve urinary incontinence
- 2 Supports healthy blood sugar levels
- 3 Can improve asthma symptoms by up to 70%
- 4 May boost mood and energy
- 5 Helps improve sleep quality



Dr. Tricia Pingel

## FREE ACUPUNCTURE

TUESDAYS: 9-11 AM

SATURDAYS: 10AM-12PM



Do you have questions or concerns about your health insurance coverage? Stop by Harold Mezile September 16th to talk to United Healthcare Agent Don Baker. He will be at the Y from 10:30am -noon.

## Movie Matinee



SEPTEMBER 17TH  
@NOON



GAME DAY EVERY  
FRIDAY!!

## WE ARE A SAFE SPACE

Harold Mezile is a safe space in North Community for our older adults. All seniors are welcome.



# GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SilverSneakers Classic</b> <b>9:30-10:15am</b> <b>-Tanisha</b>		<b>SilverSneakers Classic</b> <b>9:30-10:15am</b> <b>-Tanisha</b>		
	<b>Strength &amp; Core Conditioning</b> <b>10:30-11:15am</b> <b>-Eric</b>			<b>ForeverWell Group Cycle</b> <b>10:00-11:00am</b> <b>-Eric</b>
<b>Tabata</b> <b>11:00-11:45am</b> <b>-Rene</b>		<b>Water In Motion</b> <b>11:00-11:45am</b> <b>-Quiaira</b>	<b>Tabata</b> <b>11:00-11:45am</b> <b>-Rene</b>	<b>Core Conditioning</b> <b>11:00-11:30am</b> <b>-Eric</b>