

Engage Wellness is the medically-based way to get and stay healthier

August 2024 Calendar

Free Friday

Friday, August 2

Any adult in the community can come try Engage Wellness for free on the first Friday of each month. Tell your friends! Virtual members are welcome to workout in the facility too!

Engage in Knitting

Tuesdays at 1:00pm

Share your love for the craft with other knitters like you! Come every Tuesday afternoon to enjoy friendly conversation while you work on your project. This is not an instructional class. All skill levels are welcome to attend.

Lunch Bunch Potluck

Friday, August 16th at 12:00pm

Bring a dish to share or bring a lunch for yourself if you'd prefer. Members are welcome to use our kitchen including the fridge before we setup for lunch. We have tons of utensils and serving dishes, so no need to bring them. We will celebrate all our members with birthdays this month also.

Watercolor Art Class

Classes start August 20th at 1:00pm

Join us Tuesday afternoons for 8 weeks from 1:00-2:00pm to learn watercolor painting. Class is for all levels. No cost for the class and supplies are provided thanks to grant funds provided by the Nebraska Arts Council. Class space is limited and registration required!

Wellness Workshops:

Fraud Prevention

Friday, August 23rd at 11:00am



Presenter: Bud Thomsen, AARP Nebraska Fraud Fighter Committee Volunteer

Have you ever been approached with a fraudulent offer, online relationship scam, government imposter scam, or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud. This session will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family.

Talk Saves Lives

Friday, August 30th at 11:00am



Presenter: Jennifer Sparrock, AFSP volunteer, and therapist with Nebraska Medicine (LCSW, LIMHP).

Talk Saves Lives is AFSP's 45-60 minute education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

Working on Weights

Need help or a simple refresher working with free weights? Join a group session with Libby to review the importance of posture, bracing, and breathing with free weight strength exercises, and gain depth knowledge on squat, hinge, and core stabilization, and single leg/split stance free weight exercises.

- Friday, August 2 at 10:00am
- Wednesday, August 14 at 1:00pm
- Friday, August 23 at 8:00am
- Wednesday, August 28 at 12:00pm



Congratulations to our participants who achieved special attendance milestones in July!

- | | |
|--------------------|-----------------|
| Roger E. - 2100 | Mike R. - 400 |
| Dale K. - 1000 | Kathy H. - 400 |
| Pete P. - 800 | Connie R. - 300 |
| Mary Beth B. - 700 | Karen o. - 300 |
| Jan T. - 700 | Jim O. - 300 |

Keep Up the Good Work!

Member Updates:

- Diabetes Prevention Program – new session coming in September! This one-year evidence-based program is designed to help you make lifestyle changes, to improve your overall health and reduce your risk of developing type 2 diabetes. Offered weekly for the first 16 weeks, then monthly for eight months. Contact Libby for more information, 402-552-3218 or elguenther@unmc.edu.
- No changes to the Group Movement class schedule. The current schedule goes through the end of August.
- Goodbye Annie! She is heading back to Utah to attend university. Her last day with Engage Wellness is August 12th. We will really miss you Annie! Thanks for all your hard work this summer.



Order your Engage Wellness apparel!



We are taking orders August 5-30th. Lost of different color choices available! You will pay at the front desk when you order (we can also take payment over the phone).

- * **T-shirts - \$18**
- * **Long Sleeve T-shirts - \$22**
- * **Crewneck Sweat Shirts - \$26**

Prices include tax. Add \$2 for sizes 2XL or larger.



A warm welcome to our new members:

Martin M. Martha M.

Thank you for choosing us to be part of your wellness journey!



Gary T. 08/01	Martha M. 08/12	Judy T. 08/17	Michael G. 08/20	MaryLu G. 08/26
Judy G. 08/02	Joel B. 08/12	Chet M. 08/17	Christy F. 08/20	Pat M. 08/26
Hanna E. 08/03	Mary C. 08/14	Susan H. 08/17	Erica L. 08/20	Mary Clare M. 08/27
Virginia D. 08/04	Martin M. 08/14	Luis S. 08/18	Dick J. 08/21	Nick N. 08/28
Jim H. 08/06	Denese B. 08/15	Constance M. 08/18	Mary J. 08/23	Martin L. 08/29
Mickey K. 08/08	Joyce M. 08/15	Don F. 08/18	Connie S. 08/23	Tanda M. 08/31
Lee M. 08/10	James P. 08/16	Joan C. 08/19	Julie S. 08/25	

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