

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

## March 2024 Calendar

### Free Friday

#### March 1st

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!

### UNMC Food Drive

#### Monday, March 4 - Friday, March 29

Engage Wellness is a drop-off site for non-perishable food and hygiene product donations benefitting Food Bank for the Heartland, Maverick Food Pantry, and Heart Ministry Center. Thanks for your donations!

### CyberCycle Madness 2024

#### Qualifying Round – Tuesday, March 5th & Wednesday, March 6th

The Roads are digital but the sweat is real!

Pick any roads or games on the CyberCycle and ride as many miles as you can for our team! Ride 10 miles or more and earn a Qualifier Badge next to your name. Make sure you sign in with your rider ID & see your name!! (If you ride as a 'Guest' the miles won't count). Let's see if Engage can make the Super Sixteen!

### Lunch Bunch Potluck

#### Friday, March 15th 12:00 - 1:30pm



Dress in green and join us for lunch! 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.

### UNMC and Nebraska Medicine “For the Greater Good Fundraiser”

#### March 27-28

The day of giving will start at noon on Wednesday, March 27 and conclude at noon on March 28. Visit [greatergoodgivingday.org](https://greatergoodgivingday.org) if you would like to make a donation to support Engage Wellness! Gifts totaling \$66 or more will receive a UNMC and Nebraska Medicine-branded custom travel pouch.

### Play Connect 4 (Eggs)



#### March 25-29

Challenge another member to an Easter theme game of giant Connect 4 in the Fitness Center. The winner gets entered into a drawing to win fantastic prizes! Play as many times as you want!

### Wellness Workshop

#### Friday, March 29th

##### 11:00am

Presented by: Alfred Fisher, MD, PhD, Division Chief and Professor of Geriatrics, Gerontology and Palliative Medicine. This workshop will focus on how to prevent, detect, and address health concerns with your provider. Dr. Fisher will provide insight into why preventing serious diseases before they happen is one of the most important things you can do to protect your health.



#### Wellness Workshop - Meditation

Friday, April 5th at 11:00am

## Member Updates and Reminders:

- Welcome back Ireisy! After graduating from UNO, our former intern has returned to Engage as a part-time morning staff member. We are thrilled to have her as part of the team!
- The Group Movement class schedule has not changed this month. Pickleball is now available at 2:00pm on Tuesdays and Thursdays.
- Please make sure to check-in at the front desk every time you attend. Thank you!

### CONGRATULATIONS

Check out the members who achieved special attendance milestones in February!

<b>Nikki Z.</b> 2100	<b>Sue H.</b> 1300	<b>Bob B.</b> 900	<b>Becky S.</b> 600	<b>Cheri V.</b> 200
<b>Judy E.</b> 1600	<b>Pat M.</b> 1000	<b>Dale K.</b> 900	<b>Judy T.</b> 200	<b>Curt M.</b> 100



Eating healthfully *and* having an active lifestyle supports healthy aging!

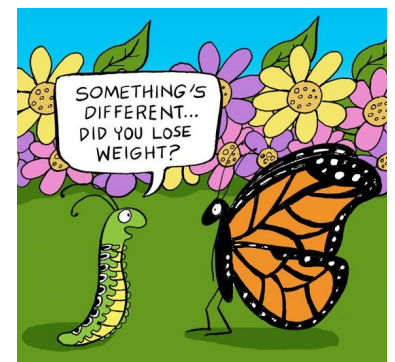
### WELCOME ABOARD

Barbara C. Gail B. Linda N.  
Bernie J. Gordon V. Peggy C.  
Brigid H. Jane A. Patricia N.  
Denese B. Joyce V. Peggy L.

A warm welcome to our new members or previous members that rejoined Engage Wellness in the month of February!

## Happy Birthday!

Barbara S. 03/01  
Kit D. 03/01  
Margaret N. 03/02  
Sharon W. 03/03  
Barbara P. 03/06  
Don W. 03/07  
Tom D. 03/07  
Betty E. 03/09  
Terry F. 03/11  
Sue H. 03/11  
Sally T. 03/12  
Rich T. 03/12  
Roger E. 03/13  
Evie C. 03/15  
Mike R. 03/17  
Debbie W. 03/19  
Mary Ellen D. 03/20  
Karen M. 03/20  
Bob B. 03/21  
Roberta W. 03/22  
Mrylian G. 03/23  
Sarah M. 03/23  
Mike M. 03/24



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**Nebraska**  
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Volume 13, Issue 3, March 2024