GROUP EXERCISE SCHEDULE:
ForeverWell Classes:
- Mondays 10:15 am - ForeverWell Strength
- Wednesdays: 9:30 am - ForeverWell Stretch
- Thursdays: 9:45 am - ForeverWell Combo
Consider trying GentleYoga:
- Mondays: 12:45 pm
- Thursday: 10:30 am
- Wednesdays: 12:45 pm
At the George Wellbeing Center:
- Mondays: 8 am Meditation
- 11:30 am Meditation
- 10 am Qigong*
- 11:30 am Meditation
- Tuesdays: 8 am Meditation
- Wednesdays:

Our Theme is for March is ENJOY:
Let’s enjoy the very beginning of spring together. Do you have local places you’d like to go, a skill to share, or topics you’d like to learn about this spring? Please reach out to Rosemary for a conversation. She welcomes your input. Connect in person or via email at Rosemary.Parece@ymcamn.org.

Enjoy a Good Night’s Sleep!
There nothing like a good night’s sleep to set you up for a good day. Nighttime sleep is an important part of a routine that builds health. Want to learn more about the function of sleep, and get some tips for protecting it? Join us on Thursday, March 19th at 10:30 am to discuss this important topic. Rosemary will share evidence-based information and strategies for promoting healthy sleep. Please register at the front desk, or send an email to Rosemary.

Go to Camp for a Yoga / Wellness Retreat!
The YMCA of the Greater Twin Cities is now offering retreats to engage adults in a multitude of activities that support holistic wellbeing. Options include physical yoga practice, meditation, arts and crafts, essential oils, and herbal tonics. Through designed programming and individual exploration, each yoga and wellness retreat participant will have the opportunity to engage in the splendor of the natural camp environment. Interested? More information is available on line or at the front desk.

UPCOMING RETREATS
March 6 - 8 | Camp St. Croix
May 18th | Camp St. Croix
July 25 | Camp Ihduhapi
2:30 pm Meditation
4:15 pm Meditation

Thursdays:
11:30 am Meditation
2:30 pm Meditation

Fridays:
9 am Qigong*
12:45 pm Meditation
2:30 pm Meditation
4:15 pm Meditation

*member cost $16

Remember, our complete schedule is available on line. All members are welcome at all classes.

Contact Information
Rosemary.Parece@ymcamn.org
(612) 268-0059

Please come to a Forever Well Orientation! We will discuss the options available for meeting all your wellbeing goals. Connect with Rosemary to register.

George Wellbeing Center provides Chinese Herbal Medicine to the community:

Chinese herbal medicine as a remedy has existed for thousands of years, yet most do not have a trusted resource to purchase, educate or navigate using this remedy. Therefore, The George Wellbeing Center has made a partnership with Northwestern Health Sciences Herbal Pharmacy in Bloomington, MN – a local leader in advancing natural medicine. The George Wellbeing Center’s TCM practitioners Dr. Ray Himmelmann Le Blanc and Dr. Christine Grisham, and Front Desk Manager Alexa Lautenbach were instrumental in developing this partnership.

How does it work?

When our clients/patients work with an Acupuncturist/Traditional Chinese Medicine (TCM) practitioner they will now have the ability to choose herbs to be bought at GWC and delivered to their home as part of their wellbeing plan.

What is the difference between an herb and a supplement?

Supplements are often used to improve nutrient needs and are often taken over a long period of time. Herbs are more often used episodically to address a complaint/problem—think of them as an intelligence (plant medicine) that gives the body an assist to do deeper healing or balancing.

Want to know more about how Traditional Chinese Medicine can support your health?

You can schedule a Foundation Session with one of our providers to review your health history and discuss your current health goals. Based on this information, you and the provider will collaborate to form a plan that meets you needs, and may include acupuncture, herbal medicine, or other strategies. While YMCA members receive a discount on services at the George Wellbeing Center, the center welcomes all community members.

Pickleball Schedule:
Tuesday / Thursday 10-11:30, Wednesday 10:30-11:30, Saturday 11 – 1 pm.

Our friendly pickleballers are always looking for new players! Beginners are most welcome. Stop by and give it a try—you’ll be hooked!