

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

September 2024 Calendar

Free Friday

Friday, September 6

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!

Diabetes Prevention Program

Class begins Thursday, September 12th 12:00pm

This CDC-approved year long program will provide you with the skills you need to lose weight, be more physically active and decrease your risk of developing type 2 diabetes. We will meet Thursdays, 12:00-1:00pm weekly for 16 weeks, and then monthly for the 8 months. For more information, contact us at 402-552-7210 or engage@unmc.edu. Cost: \$50 (scholarships are available)

Lunch Bunch Potluck

Friday, September 27th at 12:00pm

*please note the change in date

Enjoy lunch with friends! 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 utensils and serving dishes, so no need to bring them. We celebrate members with birthdays this month too.

Falls Prevention Week

September 23 - 27

Special events and speakers coming to Engage during this national recognition week that focuses on reducing the risk of falls, and helping older adults live without fear of falling. More information coming soon!

Member News

- **Parking Update** - as many of you know, there have been some changes to the Engage parking lot due to campus construction projects. The back two rows of parking are now for students. Do not parking in a spot that is marked for *students or staff*. If you cannot find a spot, you can park in the lot on the north side of our building (second floor entrance). Make sure to display your parking pass every time you come to Engage. If you ever receive a parking violation, please bring it to a staff members attention so we can take can of it.
- **Group Movement Schedule** - There are changes this month, so make sure to pick up a copy of the new schedule for September. You can always find the schedule on our website also. There are two new classes starting this month, Beginner Pickleball and Chair Fitness. Give them a try!
- **Engage Staff Changes** - We have two new members of the Engage Wellness team we would like to introduce you to! Read a little about them and what they will be doing at Engage on page 2.
- **Engage T-shirts** - Don't forget to place your order for Engage apparel! The deadline is Friday, September 6th. T-shirts - \$18, Long Sleeve T-shirts - \$22, Crewneck Sweat Shirts - \$26 (ddd \$2 for sizes 2XL or larger). Pay at the front desk.



CONGRATULATIONS



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

Marcia V. 2000	Miriam S. 1500	Peg L. 800	Kathy C. 100
Judy E. 1700	Bob B. 1000	Rebecca S. 600	Diane U. 100
James W. 1600	Maureen P. 1000	David S. 400	<i>Well Done!</i>

- Deb H. 09/01
- Irene S. 09/01
- Kathy H. 09/01
- Craig B. 09/02
- Bob L. 09/02
- Lisa B. 09/04
- Sister Mary P. 09/04
- Kathleen M. 09/05
- Karen O. 09/06
- Kari P. 09/11
- Miriam S. 09/11
- Kathleen P. 09/13
- Jacqueline Q. 09/15
- Kathy H. 09/15
- Cindy S. 09/18
- Linda S. 09/18
- Marcena H. 09/18
- Nancy N. 09/19
- Susan D. 09/19
- Barbara Jean P. 09/20
- Vic K. 09/20
- Bob C. 09/21
- Cherie F. 09/23
- Cheri V. 09/23
- Mary R. 09/25
- Rita Y. 09/25
- Jeaninne L. 09/26
- Mike R. 09/26
- Pam B. 09/28
- Beth R. 09/30



Meet Zakaria! Engage Wellness Intern

Hello. My name is Zakaria, but you can call me Zack. I am currently studying at UNO, majoring in Kinesiology. I am also in the Army National Guard. My hobbies are many, but I enjoy anything involving food, sports, and traveling. Feel free to ask me any questions whenever you see me. Learning from everyone will be a wonderful experience, and I hope I also teach y'all something.

Meet Tyra! Engage Wellness Marketing Associate

- I previously interned at NASCAR and USA Football
- I've played volleyball for about 12 years and coached for 5
- I am the youngest of 3; I have 2 older brothers
- In my free time I enjoy weightlifting, spending time with my dog Apollo, and shopping for new sneakers
- I also like building legos, listening to music (huge 70s disco and soul fan), and searching for my next nail design



WELCOME ABOARD

A warm welcome to our new members who joined in August:

- Christine P.
- John G.
- Mike W.
- Edward P.
- Linda M.
- Randall S.
- Jennifer I.
- Maria B.

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

Visit us online:
www.unmc.edu/engage

