

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



May 2024 Calendar



Free Friday

May 3rd

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.

Wellness Workshops

The Science of Meditation For Healing the Mind and Body

Friday, May 3rd at 11:00am

Presented by Sarah Fischer, PhD, Assistant Professor of Psychiatry, focusing on how to integrate mindfulness and meditation into daily life. Our presenter will share how meditation is an extremely powerful tool for healing the body and mind — accessible to you at any time, any place. Participants will learn relaxation exercises during the workshop.

Communication Strategies for Alzheimer's Disease

Friday, May 10th at 11:00am

Our guest presenter from our local Alzheimer's Association chapter will explain the communication changes that take place throughout the course of Alzheimer's disease, how to decode and respond to verbal and behavioral messages, and strategies to connect and communicate with loved ones at each stage of the disease.



“Mothers hold their children’s hands for a short while, but their hearts forever.”
- Unknown

Lunch Bunch Potluck

Friday, May 17th

12:00 - 1:30pm

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.

National Senior Health & Fitness Day



Wednesday, May 29th

In honor of this special day, we encourage you to bring a friend along when you come to work out! Current members who bring a friend on this day, will be entered a drawing to win a free month! Help spread the word about Engage & why it's a great place to exercise.

Closed Memorial Day

Engage Wellness will be closed Monday, May 27th. Enjoy the holiday!



WELCOME

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

Barbara Jean P.	Dan M.	Markel B.
Bob C.	Jo T.	Pat T.
Cindy T.	Jody E.	Steve M.
Connie S.	Maria A.	Tanda M.



Our Engage Wellness Intern, Bada, is graduating from UNO very soon. She will complete her work hours at our facility on Friday, May 10th. Bada has been a fantastic addition to the team pitching in any way she could. We will miss her friendly smile! Thanks for all your hard work Bada. We wish you all the best in the future!



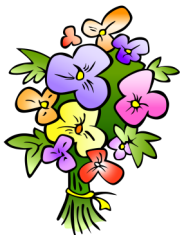
MAY is SKIN CANCER AWARENESS MONTH

SLIP on sun protective clothing	SLOP on SPF 30+ sunscreen & reapply every 2 hours	SLAP on a broad-rimmed hat	SEEK shade	SLIDE on wrap-around sunglasses
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Congratulations to all the members who reached attendance milestones in April. We are proud of you!

Barbara P. 1700	Chick M. 300	Jim W. 300
Chet M. 1500	Peg N. 300	Sophie P. 200
Dana T. 1200	Maggie K. 300	Bob H. 100
Joe W. 600	Linda W. 300	Beverly W. 100
Liz F. 500	Rose N. 300	

Happy Birthday



Joe P.	05/01	Christine G.	05/21
Rick S.	05/07	Catherine K.	05/25
Jody G.	05/07	Maureen P.	05/29
Janelle B.	05/11	Nancy N.	05/29



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