

SEPTEMBER 2019

**BUY 3
GET 1
FREE!**



September Special:

Buy a 3-month membership, get 1 month free! Stop in and become a member today!

**Offer only applies to new members.*

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Vitality Reflections

by Katie Gruber

“Life starts all over again when it gets crisp in the fall.”
~ The Great Gatsby.

Why do these words speak to me? Why does fall, which is often deemed the catalyst to the dark days of winter, feel like a beginning? [Read full reflection here.](#)

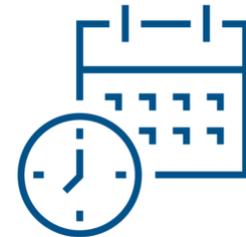
New fall programming includes:

[Swimming Lessons](#) including Preschool, Infant Class (Parent/Child), Level 1, Level 2 and Adult Learn-to-Swim

[Senior Programs](#) including Matter of Balance, SilverSplash & Balance, SilverStability and Strong Seniors Stay Young

[Group Fitness](#) including Aqua Fit, Go with the Flow, Pool Power, Sculpt and Zumba Ranchera

Stop in and register today as classes fill quickly!



Tuesday, Sept. 10

[DIABETES SUPPORT GROUP](#)

Friday, Sept. 13

[PATIENT/FAMILY ADVISORY COMMITTEE \(PFAC\)](#)

Saturday, Sept. 14

[CHILDBIRTH EDUCATION CLASS](#)

Monday, Sept. 16

[CANCER SUPPORT](#)

Member Spotlight

Meet Bonnie Middendorf, Vitality Wellness Member.

Winner of the August membership challenge. Bonnie

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recorded over 477,200 steps! Watch for future challenges that will be open to all members!

Bonnie's favorite thing about Vitality Wellness

My favorite thing(s) about Vitality Wellness is the group fitness classes in the multi-purpose room and the pool.



Bonnie's strongest dimension of wellness (physical, social, occupational, intellectual, spiritual, emotional)

My strongest dimension of wellness would have to be physical. I like to be "on the move" or busy doing something all the time, if that would be doing group fitness classes, walking (enjoying the fresh air), farming, watching grandkids or swimming in the warm pool. I try to stay active.

Bonnie's favorite way to stay active

My favorite way to stay active would be running after grandkids or just walking (enjoying the fresh air and scenery).

One thing on Bonnie's bucket list

One thing on my bucket list is for me and my hubby to get away and go up north 4 wheeling, along with walking or hiking through the woods, taking in all the beautiful sights and smells.

Wednesday, Sept. 18

[CENTRACARE ON OPEN](#)

[MIC](#)

Friday, Sept. 27

[CENTRACARE ON OPEN](#)

[MIC](#) featuring Vitality

Wellness updates



Farmer's Market each and every Friday 2-6 p.m.!

Enjoy shopping for (and eating!) delicious, fresh produce and vegetables from our local growers. The market is located directly across from the CentraCare Nursing Home on First Avenue SE.

Upcoming Nutrition Classes

by Clara Vancura, Registered Dietitian



SilverSnacks

Sample a healthy post-workout snack and learn about post-exercise nutrition. New snacks and recipes will be featured each class.

- Sept. 18, 2:15-2:30 p.m.
- Sept. 19, 11:30 a.m. to noon

Snack recipes from prior classes:

[Seed Apple Slices](#)

[Yogurt and Cereal Parfait](#)

Food Facts

Explore the world of food through facts and scientific evidence. Whether it is to learn about nutrition for a chronic health condition or just staying healthy, there is always something new to learn in the Vitality Wellness Conference Room. No registration required.

- Sept. 11, 6-7 p.m.
- Nov. 13, 6-7 p.m.

Follow Us On Facebook



Vitality Wellness is
creating community

[Subscribe](#) to our email list.

promoting healthy lifestyles. The goal is to provide programs, services and amenities designed to support well-being through the six dimensions of wellness. Click on the image to learn more.



[Review Us on Google](#)

Your feedback is important to us!

Vitality Wellness is OPEN TO ALL. No need to be a CentraCare patient.

Contact [Misty Lemke](#), Communications & Marketing

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