



# FOREVERWELL

MAY 2025 | HAROLD MEZILE NORTH COMMUNITY YMCA

## SAVE THE DATE



### MOBILE MARKET!

North Community YMCA has partnered with Twin Cities Mobile Market to bring you fresh locally grown produce and groceries for a more affordable price. They will be in our parking lot every Wednesday from 10:45-11:45am.

### OPEN PICKLEBALL

Harold Mezile now offers open pickleball every Thursday from 12:00-2:00pm. All members are welcome.

### FRESH COFFEE

Enjoy a fresh cup of coffee on us weekday mornings until 12pm. Made fresh every morning just for you.

## MENTAL HEALTH AWARENESS MONTH



**MENTAL HEALTH IS IMPORTANT AT EVERY STAGE OF LIFE. IT AFFECTS HOW WE THINK, FEEL, AND ACT AS WE COPE WITH LIFE. IT ALSO DETERMINES HOW WE HANDLE STRESS, RELATE TO OTHERS, AND MAKE CHOICES.**

**MANY OLDER ADULTS ARE AT RISK FOR MENTAL HEALTH PROBLEMS DUE TO AGEISM, SOCIAL ISOLATION AND LONELINESS, BEREAVEMENT, CHRONIC ILLNESS, AND THE PRESSURES OF CAREGIVING.**

**RECOGNIZING THE SIGNS AND SEEING A HEALTHCARE PROVIDER ARE THE FIRST STEPS TO GETTING TREATED. FOR MORE SUPPORT, HAROLD MEZILE WILL BE HOSTING A MENTAL HEALTH TALK WITH TOUCHSTONE MENTAL HEALTH ON THE 14 @ 11AM.**

**LET'S STOP THE STIGMA TOGETHER!**

### BRANCH HOURS

Mon-Fri- 7:00am-8:00pm  
Saturday-8:00am-2:00pm  
Sunday- CLOSED

### HAROLD MEZILE YMCA

1711 WEST BROADWAY  
55411



## SENIOR HEALTH & WELLNESS DAY


May 28th is National Senior Health & Wellness Day. Make sure you stop by for a fun and informative day about health & wellness for older adults. This is open to our community so feel free to bring a friend. (picture I.D. required for any non members of the YMCA.)

**MORE DETAILS COMING SOON..VISIT US ON FACEBOOK!**

## MENTAL HEALTH TALK

### STOP THE STIGMA

In partnership with Touchstone Mental Health, Harold Mezile is happy to announce we are offering Community Mental Health Talks with a licensed mental health worker. These sessions will be once a month and is open to the community. Non members of the YMCA are required to bring photo I.D. and sign in at the front desk.

Lets stop the stigma and heal together. 

## BLOOD PRESSURE OUTREACH

### WITH VOLUNTEERS OF AMERICA

Did you know that we offer blood pressure outreach? This service is provided by Volunteers of America every other Monday from 10:30am-12:00pm. This month they will be here on the 5th and 19th. This service is open to the community. All non members of the YMCA must present photo I.D. at the front desk.

## COMMUNITY ACUPUNCTURE

Harold Mezile YMCA in conjunction with The George Wellbeing Center are happy to bring acupuncture free to the community every Tuesday at 9-11am and every Saturday from 10am-12pm. Non members must present photo ID and sign in.



### "LINE DANCING WITH KEVIN!"

**EVERY FIRST & THIRD FRIDAY FROM 12-2PM. ALL FOREVERWELL MEMBERS ARE**

### ASK A NURSE

Every 4th Wednesday at 11am, we have informative discussions on topics that directly affect our older adult community. "Ask A Nurse" gives the community an opportunity to ask health & wellness related questions directly to a Registered Nurse from a culturally reflective perspective. This is open to the community. Non members must present photo I.D.

# MAY

## GROUP EX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			ForeverWell Water Ex- 8:30-9:15am ~Mike	
SilverSneakers Classic-9:30-10:15am ~Tanisha		SilverSneakers Classic 9:30-10:30am ~Tanisha		
ForeverWell Combo 10:45-11:30am ~Renee	Strength & Core Conditioning-10:30-11:30am ~Eric		ForeverWell Combo-10:45-11:30am ~Renee	ForeverWell Group Cycle-10:00-11:00 ~Eric
				Core Conditionig- 1 1:00-11:30am ~Eric
			Pickleball-Open Play 12:00-2:00pm	