

SEPTEMBER - DECEMBER



FALL 2024

# PROGRAM GUIDE

**Family**wellness  
A PARTNERSHIP BETWEEN SANFORD HEALTH 



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### Registration

Register for any of our fall 2024 program offerings starting August 5 for members, or August 12 for non-members.

Register at [www.familywellnessfargo.org](http://www.familywellnessfargo.org), at the Front Desk or call 701-234-2400.



# CHILDCARE EVENTS

## Drop In Childcare

Drop In Childcare is available for members and non-members ages 2 weeks through 9 years old while a parent/guardian is in the building. With an indoor play structure, an outdoor play structure (weather permitting) and a screen-free zone (no TV, movies or video games) it is all about play and activity! A childcare visit or a membership with childcare must be purchased at the front desk prior to entering the childcare area.

## NEW! Reservation Childcare

Need to get stuff done? Drop off your kids in the Family Wellness Childcare for some time without your little helpers! The purpose of Family Wellness' Reservation Care is to provide your children with a safe and fun environment where they can engage in interactive and imaginary play while under close supervision of the Childcare staff! Reservation Care is offered Monday - Thursday from 8:00AM - 7:00PM and Fridays 12:00 - 3:00PM! **Cost is \$20/family for members and \$40/family for non-members and is for a maximum duration of 3 hours.**

## Childcare Events

### Parent's Night Out

**Fridays | September 13, October 4, November 8, December 6 | 4:45 - 7:45PM**

Need a night out? Drop your children off at Family Wellness for a date night or just a night to yourself! Pre-registration is required and space is limited. Sign up by noon the Thursday prior to the event. Parent's Night Out is located in Childcare at Family Wellness for ages 2 weeks to 9 years. Bring your own diapers and nut free snacks.

**\$15 members | \$20 non-members**

### Child Developmental Screenings

**Thursdays | September 19, October 17, November 21, December 19 | 8:30 - 10:30AM**

Pediatric Therapy Partners provides free child developmental screenings at Family Wellness! The first years of your child's life are important and filled with many developmental milestones. This opportunity will help identify any concerns and can connect your family with tools and resources that may benefit your child. Results can be provided confidentially in-person or over the phone by Pediatric Therapy Partners.

**Free for members and non-members**

### Spooktacular Event

**Thursday | October 24 | 5:00 - 7:00PM**

Family Wellness invites your family to get together for an exciting night, jam packed with Halloween FUN! Young, old, and everyone in between is encouraged to participate. Enjoy a healthy festive snack, Halloween themed games, prizes, and much more!

**Free and open to the community!**

**For more information, contact Jessi, Childcare & Youth Programs Manager at [jessica.fetsch@sanfordhealth.org](mailto:jessica.fetsch@sanfordhealth.org), 701-234-7450.**

# YOUTH PROGRAMS

## Youth Activities Series

### Outdoor Fun

**Ages 3-5 | September 9, September 16, September 23 | 4:30 - 5:00PM**

**Ages 6-11 | September 9, September 16, September 23 | 5:05 - 5:35PM**

Get your kiddos up and moving around outside for the last few weeks of nice weather! Outdoor Fun consists of programmed yard games and activities to enhance gross motor skills. In the occurrence of bad weather this program will be moved into the gym.

**Free members | \$10 non-members**

### Play Ball!

**Ages 3-5 | October 7, October 14, October 21 | 4:30 - 5:00PM**

**Ages 6-11 | October 7, October 14, October 21 | 5:05 - 5:35PM**

Play Ball! is packed with a variety of fun sports for kids. Participants will learn and play a different sport each session. This program will focus on teamwork, sportsmanship, and having fun!

**Free members | \$10 non-members**

### Basketball

**Ages 3-5 | November 4, November 18, November 25 | 4:30 - 5:00PM**

**Ages 6-11 | November 4, November 18, November 25 | 5:05 - 5:35PM**

Join us for a fun and high-energy basketball program that allows children to explore the game. They will be introduced to a variety of basketball skills such as dribbling, passing and shooting. Kids will get the opportunity to play games and experience how fun it can be to "have a ball" at Family Wellness!

**Free members | \$10 non-members**

### Soccer

**Ages 3-5 | December 2, December 9, December 16 | 4:30 - 5:00PM**

**Ages 6-11 | December 2, December 9, December 16 | 5:05 - 5:35PM**

The purpose of this program is to learn and practice the basic fundamentals of Soccer. Each session there is a new skill to focus on, along with games and activities to help enhance those skills. Athletes will learn everything from dribbling to shooting, while having fun and learning the values of sportsmanship and teamwork!

**Free members | \$10 non-members**

## Youth Camps

Family Wellness features a variety of school's out camps for ages 5-11. These camps are designed to promote activity and fun, whether you're splashing in the pool, playing games in the gym or inspiring a future chef in a healthy cooking program. Before care (7:30 - 9:00AM) is available if needed for \$6. Financial assistance is available.

### Veteran's Day Camp

**November 11 | 9:00AM - 4:00PM**

Join us on Veteran's Day and help us honor military veterans! There will be a variety of activities planned such as gym time, crafts, and swimming. There is no after care available for this camp.

**\$40 members | \$50 non-members**

### Camp Gobble Till You Wobble

**November 27 | 9:00AM - 4:00PM**

Bring your kids to Family Wellness for some Thanksgiving fun! There will be a variety of activities planned such as gym time, crafts, and swimming. There is no after care available for this camp.

**\$40 members | \$50 non-members**

### Camp Snow Day

**December 23 | 9:00AM - 4:00PM**

At Family Wellness we love to spread the Christmas cheer! There will be a variety of activities planned such as gym time, crafts, and swimming. Before Care and After Care are not available for this camp.

**\$40 members | \$50 non-members**

**For more information, contact Jessi, Childcare & Youth Programs Manager at [jessica.fetsch@sanfordhealth.org](mailto:jessica.fetsch@sanfordhealth.org), 701-234-7450**



# SWIM SCHOOL

## Family Wellness Swim School

Family Wellness Swim School takes pride in our exciting water-safe program, where each child progresses at their own pace. Through positive reinforcement, practice and patience, students learn water-safe swimming skills while having fun. Lessons are offered for everyone ages 6 months through adulthood. Classes are structured by age and ability to accommodate varying skill levels within each age group. Student to teacher ratios are 4:1 except for Parent/Baby and Parent/Child classes which are 6:1. Our goal is to teach your child in a fun and safe environment that builds confidence, self-esteem and a feeling of accomplishment.

## Fall Swim School Schedule

Cost for summer lessons is **\$60 for members** and **\$120 for non-members**. Financial assistance is available. Check [www.familywellnessfargo.org/swim-school](http://www.familywellnessfargo.org/swim-school) for up-to-date detailed class offering information

### Session Dates:

**Fall Session 1: September 9 - October 19 (6 weeks)**

**Fall Session 2: October 21 - December 12 (6 weeks)**

- No classes October 31
- No classes November 25 - 30

### Classes Offered:

**Mondays 4:00PM - 6:00PM | Tuesdays & Thursdays 4:00PM - 7:00PM | Saturdays 9:00AM - 12:00PM**

- \$60 Members | \$120 non-members
- Private, semi private, specialized and adult lessons are available and scheduled by arrangement
- Check [www.familywellnessfargo.org/swim-school](http://www.familywellnessfargo.org/swim-school) for up-to-date detailed class offering information.

**Questions? Please contact Aquatics Department at [Aquatics-FamWellness@SanfordHealth.org](mailto:Aquatics-FamWellness@SanfordHealth.org) to arrange private, semi-private or specialized lessons.**

# FITNESS PROGRAMS

## Youth Fitness Programs

### Youth Healthy Lifestyle Training

**Sign up for 8 sessions at your convenience | Ages 8 - 17**

1 on 1 training teaching the fundamentals of exercise and ways to make it fun and enjoyable for kids. Includes 1 healthy cooking class as well as a parent questions and answer on youth fitness. Kids will also be provided a packet of ways to stay active and healthy after the program.

**\$140 members | \$200 non-members**

### Teen Fitness Orientation

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday of every month | 4:00 - 4:45PM | Ages 12 - 14**

Get to know how to properly use all our machines and cardio equipment by going through an orientation with one of our certified personal trainers. By completing this orientation all kids 12 - 14 years old will be able to use this equipment without the supervision of a guardian.

**FREE for members**

## Adult Fitness Programs

### Golf Fitness Screenings & Training

**Multiple offerings and packages available, scheduled at your convenience!**

Looking for ways to stay on top of your golf game in the off-season? Meet with a TPI Fitness 2 Certified Coach to work on any limitations that may be affecting your swing as well as increasing power and preventing injuries. Ages 16+. For more information on pricing and packages, visit [www.familywellnessfargo.org/personal-training](http://www.familywellnessfargo.org/personal-training).

### Inbody Assessments

**1<sup>st</sup> Tuesday of every month | September 3, October 1, November 5, December 3 | 4:00 - 6:00PM | Ages 15+**

**3<sup>rd</sup> Thursday of every month | September 19, October 17, November 21, December 19 | 9:00 - 11:00AM | Ages 15+**

The InBody Scan measures body composition by giving a breakdown in muscle mass, body fat, and water weight. Sign up for an assessment and get a consultation on your results from one of our certified personal trainers. Limited individual 15-minute time slots. Register at the front desk!

**\$10 members | \$20 non-members**

### Barbell Basics for Women

**Thursdays | September 12 - September 26 | 5:30 - 7:00PM | Ages 16+**

This is a 3 part workshop that will go over the three main barbell lifts; squat, bench, and deadlift. This workshop is designed for women who have an interest in strength training or who have limited experience in strength training and want to learn how to safely and properly use a barbell. You will learn the mechanics of each lift, safety considerations, and get hands-on practice.

**\$75 members | \$125 non-members**

### Powerlifting Program

**Tuesdays, Thursdays & Fridays | October 1 - November 1 | 4:30 - 5:15PM | Ages 16+**

Introduction to the sport of powerlifting and the foundational compound movements in resistance training. We will be working on basic moves like bench, squat and the deadlift with a certified personal trainer, Nick. This program will meet for 5 weeks and host an unofficial powerlifting meet on the 6<sup>th</sup> week.

**\$180 members | \$225 non-members**

**For more information, contact Matt, Fitness & Wellness Programs Manager at [matthew.bauman@sanfordhealth.org](mailto:matthew.bauman@sanfordhealth.org), 701-234-7643.**

# HEALTHY COOKING

## Adult Healthy Cooking Classes

### Thai Cooking

**Thursday, September 19 | 5:30 - 7:30PM | Ages 16+**  
Join us for an evening filled with flavor and fun!  
**\$15 members | \$25 non-members**

### Date Night Delights

**Thursday, September 26 | 5:30 - 7:30PM | Ages 16+**  
Calling all couples! Join us for a romantic evening cooking and preparing a meal for you and your special someone.  
**\$15 members | \$25 non-members**

### Heart Healthy Bowls

**Thursday, October 17 | 5:30 - 7:30PM | Ages 16+**  
We will chop, slice, and cook a variety of veggies, protein, and starch to build-your-own healthy heart bowl!  
**\$15 members | \$25 non-members**

### Thai Cooking

**Thursday, October 24 | 5:30 - 7:00PM | Ages 16+**  
Join us for an evening filled with flavor and fun!  
**\$15 members | \$25 non-members**

### Hibachi at Home

**Thursday, November 7 | 5:30 - 7:30PM | Ages 16+**  
All hands on deck for our Habachi at home! Versatile options for all seasons and tastes!  
**\$15 members | \$25 non-members**

### Cookies, Crisps, and Crumbles

**Thursday, November 14 | 5:30 - 7:30PM | Ages 16+**  
Join us this evening for nutritious takes on all the festive fall favorites!  
**\$15 members | \$25 non-members**

### Low Carb Holiday Baking

**Saturday, December 7 | 10:00AM - 12:00PM | All Ages**  
Make low carb holiday treats! Recipes sneak peek includes sugar free spritz cookies, snowballs, brownies, and more!  
**\$15 members | \$25 non-members**

## Kids Healthy Cooking Classes

### Sauce Like a Boss

**Tuesday, September 24 | 5:30 - 6:45PM | Ages 7-12**  
Are you ready to up your cooking game? Join us for a night of various sauce making  
**\$15 members | \$25 non-members**

### Chicken Tacos

**Tuesday, October 15 | 5:30 - 6:45PM | Ages 7-12**  
Elevate your taco game! Learn to craft mouthwatering tacos bursting with flavor.  
**\$15 members | \$25 non-members**

### Spiderweb Taco Dip

**Tuesday, October 22 | 5:30 - 6:45PM | Ages 7-12**  
Make a Halloween themed Mexican 7 layer dip! We will slice veggies, shred cheese and spread sauces in layers.  
**\$15 members | \$25 non-members**

### Baking Bootcamp

**Tuesday, November 5 | 5:30 - 6:45PM | Ages 7-12**  
These lessons will advance your child's baking competency as well as continue proper kitchen etiquette and technique.  
**\$15 members | \$25 non-members**

### Pumpkin Pancakes

**Tuesday, November 12 | 5:30 - 6:45PM | Ages 7-12**  
Indulge in the cozy flavors and learn to create fluffy pancakes bursting with pumpkin spice goodness.  
**\$15 members | \$25 non-members**

### Junior Chef Series

**Tuesdays | December 3, 10, 17 | 5:30 - 6:30PM | Ages 7-9**  
Advance basic kitchen skills and present knowledge around the cook top, oven, and small appliances.  
**\$75 members | \$115 non-members**

### Master Chef Series

**Tuesdays | December 3, 10, 17 | 6:45 - 7:45PM | Ages 10-12**  
With basic skills and technique in place, these lessons will challenge the child to finesse their skills and work towards independence. Knife skills will be advanced and independence at the cook top highlighted.  
**\$75 members | \$115 non-members**

## Senior Healthy Cooking Classes

### Meals for 1 or 2

**Friday, September 6 | 10:00 - 11:15AM | Ages 50+**  
Learn efficient recipes and smart cooking tips for solo dining. Meals perfectly portioned for your lifestyle.  
**\$5 members | \$10 non-members**

### Seasonal Favorites

**Friday, October 4 | 10:00 - 11:15AM | Ages 50+**  
Explore the essence of fall! Learn to create delicious dishes using fresh, seasonal ingredients.  
**\$5 members | \$10 non-members**

### Gut Healthy Dips

**Friday, November 1 | 10:00 - 11:15AM | Ages 50+**  
Learn to make flavorful recipes that support digestive wellness.  
**\$5 members | \$10 non-members**

### Holiday Baking Series

**Fridays | December 6, 13, 20 | 10:00AM - 12:00PM  
Ages 50+**  
In this class, you will learn to make your favorite treats with a healthier twist!  
**\$10 members | \$15 non-members**

**For more information, contact Tori, Community Cooking Coordinator at 701-234-8162, [tori.lee@sanfordhealth.org](mailto:tori.lee@sanfordhealth.org).**



# GROUP FITNESS

## Intro to Group Fitness Series

### Intro to BODYPUMP

**Saturdays | September 7, October 5 | 10:45AM - 12:15PM**  
Focus on the fundamentals of each exercise, modifications, safety, cues and the foundation of BODYPUMP.  
**Free for members | Day pass for non-members**

### Intro to Cycling

**Saturdays | September 14, October 12, November 9 10:00 - 11:00AM**  
These basic classes will assist participants to become familiar with cycling while being taught proper form.  
**Free for members | Day pass for non-members**

### Intro to ZeSa

**Saturdays | September 21, October 19 | 10:45AM - 12:15PM**  
The perfect class to explore ZeSa at a steady and structured pace to help prepare you for a regular class.  
**Free for members | Day pass for non-members**

## Workshops & Events

### FloatNFit

**Sundays | September 8 - October 27 | 2:00 - 3:00PM**  
Take working out to a whole new level! FloatNFIT specialty courses are a total body strength conditioning, aerobic workout using floating fitmats on the water.  
**Registration required prior to class.**  
**Free for members | Day pass for non-members**

### Yoga for Addiction Recovery Workshop

**Tuesday | September 17 | 5:30 - 7:30PM**  
In this workshop we will look at how yoga can be designed to complement the work of the 12-step program in alleviating the pain and suffering that comes with addiction and relapse.  
**Held at Soul Solutions Recovery Center**  
**Free for members and non-members**

### Yoga Fundamentals Workshop

**Saturday | September 28 | 12:30 - 2:30PM**  
Teachers will help guide you, step-by-step, demonstrate poses, and make alignment adjustments, focusing on your practice for your body.  
**\$35 members | \$50 non-members**

### MELT Method & Yoga for Healing Back, Neck, Shoulder Pain & Posture

**Fridays | October 4 - 25 | 10:30 - 11:30AM**  
Rehydrating the upper body helps restore the fluid state in the neck, upper back, and lower back which results in better alignment, movement, and function.  
**\$40 members | \$55 non-members**

### Yoga for Hormonal Balance & Menopause Workshop

**Saturday | October 12 | 9:00 - 11:00AM**  
This workshop is for anyone looking for natural ways to manage stress and soothe overworked adrenals and menopause symptoms.  
**\$35 members | \$50 non-members**

### MELT Fundamentals Workshop

**Saturday | October 12 | 12:30 - 2:30PM**  
Learn simple self-treatments you can do at home to remain active and pain-free for life in this all-levels workshop.  
**\$35 members | \$50 non-members**

### Restorative Yoga Fundamentals Workshop

**Sunday | November 10 | 4:00 - 5:15PM**  
Discover the art of relaxation and healing through this workshop designed specifically for beginners.  
**\$35 members | \$50 non-members**

### Yoga & the MELT Method Workshop

**Sunday | December 8 | 4:00 - 5:15PM**  
Take your yoga practice to the next level by incorporating the MELT Method to boost your body's ability to heal your nervous system, improve alignment, rehydrate the connective tissue and restore space to your joints.  
**\$35 members | \$50 non-members**

### Group Fitness BINGO

**Entire month of October**  
Mark your calendars and prepare to dive into this fitness adventure. Obtain a Bingo card from the Front Desk and earn stamps for attending different group fitness classes!  
**FREE for members**

For more information contact Karla, Group Fitness Manager at [karla.hensrud-wagner@sanfordhealth.org](mailto:karla.hensrud-wagner@sanfordhealth.org), 701-234-6097



# WELLNESS PROGRAMS

## Member Events

### Coffee Social

**Thursdays | September 19, October 17, November 21, December 19 | 9:00AM - 11:00AM**

Join us in the multipurpose room/lobby to enjoy a warm cup of coffee and chats. We will have board games to play during the social in November and bingo for prizes in December!

**Free for members**

### Dive-In Movie Nights

**Fridays | October 25, December 13 | 6:45 - 8:30PM**

We're bringing the big screen to aquatics! Grab your floaties and join us for a relaxing movie night with a twist. We will be premiering a new family-friendly movie each month.

**Free for members | Day pass for non-members**

## Wellness Programs



### Sanford Physical Therapy Screenings

**2<sup>nd</sup> Tuesday of every month | 9:00 - 11:00AM**

Family Wellness is partnering with Sanford Physical Therapy to bring screenings to our members! The therapist will give you guidance on next steps to improve your ability to move well. Our trainers will be on hand to assist with any future training needs. Limited individual 15-minute time slots. Register at the front desk!

**FREE for members**

### Diabetes Prevention Program

**Thursdays starting September 19 | 10:30AM - 12:00PM | Ages 18+**

We're here to give you the encouragement you need to eat better, increase your physical activity and lose weight - all of which can delay or prevent the onset of type 2 diabetes. This National Program has been proven to be very effective in empowering individuals to take control of their health. At Family Wellness, this program will also include cooking classes and group fitness instruction!

**\$50 members | \$100 non-members**

## Group Fitness Launches

### BODYPUMP Launch

**Saturday | November 2 | 7:45 - 8:45AM | Ages 15+**

Join us for the launch of BODYPUMP #130! New moves, new choreography, the same great workout! Les Mills BODYPUMP is the original barbell class that strengthens your entire body. We will have multiple BODYPUMP instructors leading you through the new moves, plus there will be snacks, door prizes, and a color theme!

**Free for members | Day pass for non-members**

### RPM Launch

**Saturday | November 2 | 9:00 - 10:00AM | Ages 15+**

Join us for the launch of RPM #103! New moves, new choreography, the same great workout! In a Les Mills RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. We will have multiple RPM instructors leading you through the new moves, plus there will be snacks, door prizes, and a color theme!

**Free for members | Day pass for non-members**

### BODYCOMBAT Launch

**Saturday | November 16 | 10:15 - 11:15AM | Ages 15+**

Come join us for the launch #100 of this brand NEW Les Mills format: BODYCOMBAT. This class is a high-energy martial arts-inspired workout that is totally non-contact. Not only is it a great whole-body workout for cardio fitness, but it's also superb for burning fat, releasing stress and improving your co-ordination. Bring your best fighter attitude and leave inhibitions at the door.

**Free for members | Day pass for non-members**



# LEAGUES & SAFETY EDUCATION

## Leagues & Tournaments

### Racquetball League

**Tuesdays | September 3 - November 5 | 5:45 - 10:00PM | Ages 16+**

Join us for a competitive doubles racquetball league! Games will be scheduled between 5:45 - 10:00PM each week. Spots limited to 12 teams.

**\$20/team members | \$40/team non-members | Registration deadline: September 2**

### Pickleball League

**Wednesdays | September 4 - October 30 | 8:30 - 10:30AM | Ages 16+**

Join us for our Ladder Pickleball League! Games will be scheduled between 8:30 - 10:30AM. No need to find a partner as each week you will be paired with other individuals with similar skill level. You will play with a different partner each game and based on individual results you will be placed accordingly for the following week. Spots will be limited to 32.

**\$10/person members | \$25/person non-members | Registration deadline: September 2**

### Basketball League

**Thursdays | Starting December 5 | 6:00 - 10:00PM | Ages 18+**

Adult 5 on 5 basketball league. Teams will play league games and an end of the year tournament. There is a group of licensed officials for each game. Pick up your roster and a set of rules from the front desk or online. To receive the member price, team must have one member on the roster.

**\$650/team members | \$750/team non-members | Registration deadline: November 28**

## Safety Education

### Red Cross CPR/First Aid/AED Combo Class

**Thursdays | September 12, October 10, November 14, December 12 | 6:00 - 8:00PM | Ages 15+**

***This is a blended learning class with some coursework completed online in advance.***

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving infants, children, and adults. Topics include how to recognize and manage an emergency situation, basic first aid, standard emergency care procedures and administration, CPR, AED, and more. After completion of this class, you will be certified for two years in Red Cross CPR, AED, and First Aid for adults, children, and infants.

**\$65 members | \$105 non-members**

### Babysitter Training

**Saturdays | September 14, November 9, December 7 | 8:00AM - 4:00PM | Ages 11+**

**Sunday | October 13 | 8:00AM - 4:00PM | Ages 11+**

Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter. Included in the course is American Red Cross First Aid and CPR Certification that is valid for two years. This course will teach you to be safe on the job, how to recognize an emergency and how to handle it as well. Lunch is included and will be cooked by each participant in the class with the guidance of an instructor.

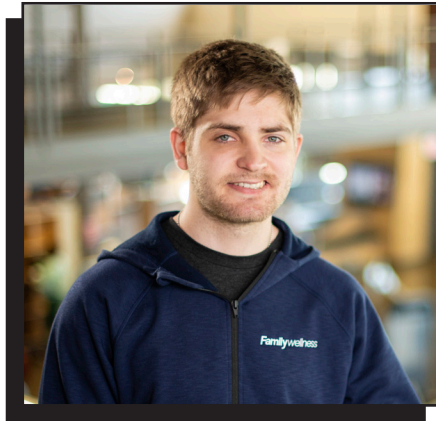
**\$90 members | \$120 non-members**

**For more information, contact the Aquatics Department at [Aquatics-FamWellness@SanfordHealth.org](mailto:Aquatics-FamWellness@SanfordHealth.org)**

# WELLNESS TRAINERS



**MATT**  
PERSONAL TRAINER



**NICK**  
PERSONAL TRAINER



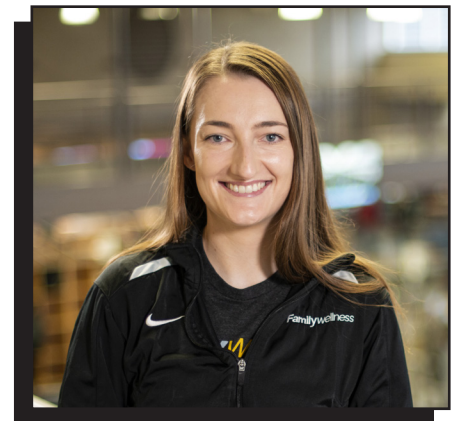
**CHARLOTTE**  
PERSONAL TRAINER



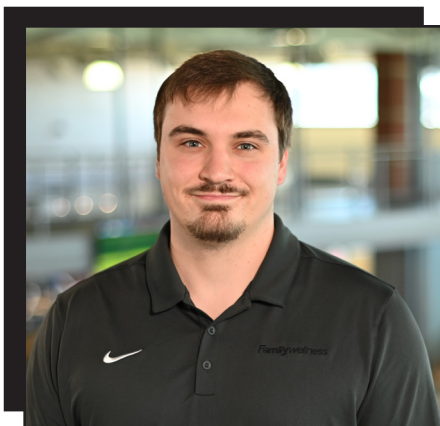
**ABS**  
PERSONAL TRAINER



**GARY**  
PERSONAL TRAINER



**PAIGE**  
PERSONAL TRAINER



**AUSTIN**  
PERSONAL TRAINER



**GRACE**  
PERSONAL TRAINER



**VANESSA**  
REGISTERED DIETITIAN

For more information and rates on Personal Training OR Nutrition Counseling, [www.familywellnessfargo.org/fitness](http://www.familywellnessfargo.org/fitness)

Follow us on social media for the latest facility updates!



@familywellnessfargo

2960 Seter Parkway Fargo, ND 58104  
701-234-2400 | familywellnessfargo.org



**Familywellness**  
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HEALTH