

December 2017

# Algoma Community Wellness Center

## What's Happening



➤ **ATTENTION:** The fitness center will be unstaffed Monday, December 25<sup>th</sup> for Christmas.

Check out our monthly offerings and special events, view our hours and rates, and join the conversation!

Join us on:



/AlgomaCommunityWellnessCenter ACWC@TVanLanen

### New Member Orientations | Free\*

*Mondays 2-4 pm / Fridays by appointment / Saturdays 8-11 am*  
*Instructor: Joshua Savoie, Personal Trainer*



New to the center? Want some more direction? Sign up for a 30-minute small group orientation where we will guide you through the importance and benefits of cardio training, strength machines, and functional exercises, (i.e., squats, lunges, core work and flexibility). The functional training overview uses body weight exercises including the purpose of the exercise, proper form and the great benefits.



### Pain & Injury Consultations | Free\*

*Wednesdays / 2-3 pm*  
*Consultant: Kim Yaeger, Athletic Trainer*



Not moving as freely as you want because of achy knees, painful hips, a sore back and/or other joint pains? Sign up for a 30-minute consultation to evaluate your discomfort, answer your questions and get treatment options based on your current issues.



### Confidential Health Care | Free\*

*Thursdays / 11 am-1 pm*  
*Provider: Jody Anderson, Registered Nurse*



Are you an adult resident of the Algoma School District? Do you have high blood pressure, high cholesterol, high blood sugar, or are you overweight? Nurse Jody provides Confidential Health Care aimed at improving the wellbeing of our community. Schedule an appointment with her today! [To schedule an appointment, call 1-800-528-7883.](tel:1-800-528-7883) Walk-ins welcome!



### Pickleball | Free\*

*Mondays, Wednesdays, Fridays / 7-10 am*

Pickle ball is a great way to get into shape and have a blast at the same time! Feel free to stop down and check out what pickle ball is all about.



Algoma High School (north entrance) | (920) 487-7001 ext. 4000 | Email: [ACWC@alghs.k12.wi.us](mailto:ACWC@alghs.k12.wi.us)

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## Freeze the Gain 2 Challenge!



ALGOMA  
COMMUNITY WELLNESS CENTER



**Who:** Algoma Community

**When:** Sunday, Nov. 26 -  
Saturday, Jan. 6

**Cost:** Free\*



## 2<sup>ND</sup> ANNUAL **FREEZE THE GAIN** ALGOMA

Join this community challenge to help you avoid holiday weight gain!

- Receive weekly tips for overcoming holiday temptations and engaging in healthy behaviors!
- Access and support your local resources and opportunities to help you succeed!

**“81% participants who weighed in and out last year maintained or lost weight during the Freeze the Gain challenge!”**

— Community Nurse Activator, Judy Anderson, RN

### Weigh In

- November 20-22, 8am-6 pm; November 24-25, Noon-2 pm;  
Algoma Community Wellness Center
- November 25 (Small Business Saturday), Noon-2 pm;  
FTS Technology, 311 Steele Street, Algoma, WI

### Weigh Out

- January 2-6, 8 am-8 pm; Algoma Community Wellness Center

**\*Bring your Freeze the Gain Weight card with you!**

**\*Support the Algoma Community Ice Rink** as you Freeze the Gain with an optional donation of \$5-\$10. (Proceeds will help support maintenance fees and upkeep)

Participants who turn in their card at the end of the challenge will be entered to **WIN** a \$50 Prize Raffle

**bellinhealth**



bellin.org

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## Walking for Wellness!



**Everyone is Welcome!**

**When:** Monday-Thursday

**Time:** 10:00am *(end when you are satisfied with your workout)*

**Where:** Algoma Community Wellness Center Gym

Walking for Wellness is a great way to get some of your friends together and get that workout in! We start at 10:00am and you end whenever you feel satisfied with your workout. This is at your own pace and with some great people! Don't be shy reach for the sky 😊

**Don't be afraid to bring a friend**

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## Financial Wellbeing



You probably have a few goals in mind when it comes to thinking about your financial life. You might think about taking more control over bills, or getting to a specific point like paying off a credit card, or making an important purchase. We want to help people improve their financial lives, so we want to help them set goals that can make a real difference, and work toward them. That's why we talked to consumers across the country, to hear what they had to say about financial well-being and what it means to them.

Savings and income are part of financial well-being, but we learned that they're not always the most important part. Instead, when people talked about their own financial well-being, four main elements came to light.

### Feeling in control

People who have high levels of financial well-being feel in control of their day-to-day and month-to-month finances. They cover their expenses and pay their bills on time, and generally they do not worry about having enough money to get by. This is not just about having money, they told us, it's about managing it. Think of this as having financial security, in the present.

### Capacity to absorb a financial shock

Whether they get in a car accident or are temporarily laid off from a job, these consumers have a safety net such as savings, insurance, or family to help stop a shock from turning into a longer-lasting setback. One way to describe this is feeling financial security, for the future.

### On track to meet goals

Consumers with a higher sense of financial well-being tell us they are on track to meet their financial goals. Whether or not they have a formal financial plan, they are setting goals that are important to them, and working toward those goals. Think of this as moving toward financial freedom, for the future.

### Flexibility to make choices

These consumers have the financial freedom to make the choices that allow them to enjoy life, whatever that means to them. Whether that is taking a family vacation, going out to eat, or working less to spend more time with family, these consumers have the financial flexibility to do what they value and what makes them happy. This can be described as having financial freedom, in the present. Applying this framework to your own financial life might help you feel more satisfied with the decisions you make too. When you face a financial choice or task, consider how your actions might affect financial security and financial freedom, today and in the future. <https://www.consumerfinance.gov/about-us/blog/four-elements-define-personal-financial-well-being/>

**December 2017**

**Algoma Community Wellness Center**

**New Class**



## **Chair Yoga**

*JOIN US!*

**When: Tuesdays**

**Time: 9:00am** *(end when you are satisfied with your workout)*

**Where: Algoma Community Wellness Center Multipurpose Room**

Chair yoga includes breath work, which can help people not only with stress management but also for coping and managing pain. Through meditation and paying attention to your breath you can help your body and mind cope with the pain of an illness or condition you may suffer with.

***Group Workout with DVD/Video Instruction***

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Life Saving Skills



## Two steps to save a life:



**Call Right Away!**

**Push Hard & Fast in  
the Center of the Chest!**

### Hands Only CPR

**Date:** December 13<sup>th</sup>

**Time:** 9:00 AM-9:50 AM

**Where:** Commons Area of Wellness Center

It only takes a few minutes.

Come and learn a lifesaving skill!

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