



The Olson Wellness Exchange

September 2024

Educational Offerings

The Effects of Female Hormones on the Eye Throughout the Life Cycle of a Woman Tues., Sept. 17, 12 – 1 p.m. (CDT)

Tune in as Optometrist, Desinee Drakulich, O.D., takes the audience through a comprehensive overview of the life cycle of hormonal changes in women and how these fluctuating hormones affect the eye. The discussion will focus on three major points in a woman's life: menstrual cycle, pregnancy and menopause. This lecture is online only and free to attend. If you would like to obtain nursing credit, the cost is \$15. Please pre-register by emailing the Olson Women's Health Resource Center at OlsonWHRC@unmc.edu or by calling the Olson Center at (402) 559-6345.



27th Annual Omaha Women's Health and Wellness Conference Embrace a Healthy You

Save the Date
Fri., Oct. 25, 2024
8 a.m. – 4:30 p.m.
Scott Conference Center
6450 Pine Street

Visit OmahaWomensHealthAndWellness.com for more information.

Partner Offerings

Alzheimer's Association (402) 502-4300 | 1-800-272-3900

Take the Brain Tour

Alzheimer's disease leads to nerve cell death and tissue loss throughout the brain. Over time, the brain shrinks dramatically, affecting nearly all its functions. Learn how it affects a person's memory and other brain functions in our interactive online tour. Visit alz.org and click on *Take the Brain Tour* to get started or give your local Nebraska Chapter a call for other research information.

Barre3 – Dundee <https://thebarrecode.com/studio/dundee/>

Outdoor Barre

The studio is calling your name. Join us on Sat., Sept. 7 for *Outdoor Barre!* Starting at 10 a.m. and presented at the 8th Street Green on the RiverFront, registration is not required. Bring a mat, water bottle and sunscreen. For more information, give Kacie or Kali a call at (402) 884-1667.

Dee-sign Landscaping & Garden Shop (402) 392-1444

Fall Festival

Do you enjoy live music, scavenger hunts and give-a-ways? Then attend our FREE *Fall Festival* on Sat., Sept. 21 from 6 – 9 p.m. This is an annual event that highlights booths of local craftsmen, artists and novelty makers. Open to the public, this is a great way to support fellow local small businesses. Free tacos for the first fifty attendees. For more information, give Anna a call at the number above.

Pumpkin Painting

Are you needing a crafty idea for your Halloween pumpkins? Find creative inspirations at our next course, *Pumpkin Painting*, scheduled on Tues., Sept. 24. With the registration fee of \$15, you get a pumpkin, painting supplies and follow along instructions. All ages are welcome. Reservation and payment are required in advance. Class begins at 6:30 p.m. For more information, call the number above.

Dreams MedSpa (402) 596-4000

September Specials

- Get 25% off laser hair packages. New laser hair removal patients must schedule a consultation prior to purchase.
- Buy 1 Get 1 Free KYBELLA. KYBELLA is the only FDA-approved injectable treatment that destroys fat cells under the chin to enhance your jawline and profile. Consultation required prior to purchase. While supplies last.

Fontenelle Forest FontenelleForest.org/calendar | (402) 731-3140

Monarch Tagging: Community Science Day

Are you passionate about conservation? Join us on Sat., Sept. 14 for a morning of butterfly tagging at the Neale Woods Nature Reserve. Naturalist educators will explain the background of the Monarch Watch tagging project and show participants how to safely catch and tag butterflies. Participants will get a set of tags to take home after the program. Geared for adults and science-minded children, the program will begin at 10 a.m. The cost is \$15 for Fontenelle Forest members and \$20 for non-members. Call the number above to register.

Know a great business for the OWE?

We are seeking OWE member nominations for new business partners! Send your ideas for great Omaha metro area wellness businesses to Candyce Dunlap at cdunlap@unmc.edu.

Wellness businesses can include salons, spas, fitness facilities and coaches, health food stores, nonprofits, cultural institutions, etc. We welcome creative ideas to diversify our partner list.

Feather Our Nest

Join us for an unforgettable evening at *Feather Our Nest!* Hosted on Thurs., Sept. 26 from 6 – 9 p.m., come enjoy handcrafted cocktails, seasonal specialties, experience the Riverview Boardwalk, test your nature knowledge and more. Registration deadline is Sept. 6. Tickets can be purchased at fontenelleforest.org/fon/ or by calling the number above.

Hy-Vee Inc.

Hy-Vee.com/healthnew/dietitians

Discover A Healthier You

Connect virtually with a Hy-Vee Registered Dietitian to learn how we can help support your health journey. During this free session, you'll learn more about our personalized nutrition consultations, menu plans and our weight management program. Available Mon. – Fri., email nutritionservices@hy-vee.com or call (515) 695-3121 to schedule your complimentary session.

West Omaha Jazzercise

(402) 680-6136

Single Class - \$25

The West Omaha Jazzercise is now offering single classes for \$25. Jazzercise classes incorporate dance with cardio and strength training to sculpt and tone muscles in the ultimate full-body workout. Whether you're looking for physical results or a way to relieve stress and FEEL your best, our instructors will guide you every step of the way! Give Terri a call at the number above to book your session.

Kassebaum's Martial Arts

nebraskakma.com/

Krav Maga at the Offutt Field House

With 'fearless defense' as the motto, learn your defense techniques from a professional Black Belt instructor. Krav Maga focuses on real-world situations combining techniques from boxing, wrestling, aikido, judo and karate. Classes are offered on Sept. 7, 14, 21 and 28, starting at 8 a.m. The cost is \$5 per session with no registration required. Visit the website above to book your spot.

Omaha Farmers Market

(402) 345-5401 Ext. 115

Market Season

Don't forget it's still market season! Come by and shop farm fresh, locally grown goods. Visit either the Old Market on Saturdays from 8 a.m. – 12 p.m. or Aksarben Village on Sundays from 9 a.m. – 1 p.m. All eligible vendors accept SNAP and Senior Farmers Market Nutrition Program (SFMNP) coupons as a form of payment.

Omaha Integrative Care

omahaic.com

Fertility Support Group

The *Fertility Support Group* brings together couples and individuals who are experiencing infertility. This group offers the chance to talk to others going through infertility, discuss experiences and feelings, share resources and offer/receive mutual support and understanding. Anyone affected by infertility is welcome to join. Meeting the first Tuesday of each month, the next meeting will be Tues., Sept. 3 from 7 – 8:30 p.m. Drop in or sign up via email at cpeterson8824@csm.edu.

Open Processing Group

This processing group is open for anyone interested in learning more about their thoughts, feelings and behaviors as well as gain the necessary skills to improve overall well-being and self-awareness. Open to anyone 19 and older, sessions are Mondays from 6:30 – 8 p.m., Sept. 9 – Dec. 16. The cost is \$40 per session and covered by most insurances. Email Ameen Wahba at a.wahba@omahaic.com to register.

Yin Yoga Certification

Whether you plan on integrating Yin poses into your own practice or you plan on sharing Yin with others, this training is for you! We will learn about philosophy and benefits behind Yin Yoga, as well as relevant background information that will increase your knowledge and skill within this specialty. Presented by Carole Westerman on Sat., Sept. 21 and Sun., Sept. 22 from 10 a.m. – 5 p.m., the cost is \$325 per person. For more information, visit the website above.

Omaha Performing Arts

o-pa.org/on-stage/upcoming-shows | **(402) 345-0606**

Robert Glasper

Robert Glasper is a jazz pianist with a knack for mellow, harmonically complex compositions that also reveal a subtle hip-hop influence. With five Grammy wins, his work and accolades bridge all aspects of the music business. Performing at the Holland Performing Arts Center on Fri., Sept. 27, show time starts at 7:30 p.m. Ticket prices are \$20 - \$48. Visit the website above to purchase your seat.

The World Famous Glenn Miller Orchestra

The world famous *Glenn Miller Orchestra* will be performing at the Holland Music Club on Mon., Sept. 30. Returning to Omaha by popular demand, the 15-member orchestra, their lead singers and vocal group will perform a catalog of big band classics just the way Glenn Miller would. Showtime will begin at 7 p.m. with tickets priced at \$65. Visit the website above to purchase your seat.

UBX Fitness & Nutrition
(402) 934-2348

Anniversary Sale

Help the UB Stronger 55+ community celebrate their two year anniversary by joining in! Buy one month of this spectacular service and get the next month free. UB Stronger 55+ is a strength training program geared for older adults. Sale valid Sept. 1 – 30 only! To register, call (402) 934-2348 or email getfit@ubxomaha.com.

Tips for Aging in Place

Join Brian Pfiefer from ADAPT Home Solutions for *Tips for Aging in Place*. Brian will consult with guests on how to identify common hazards around their homes, discuss strategies and solutions for needed modifications or maintenance and speak of ways to decrease fall risks. Hosted on Thurs., Sept. 19 at the UBX Fitness and Nutrition location, the session will begin at 6 p.m. To register, call (402) 932-2348.

Nebraska Extension in Douglas-Sarpy Counties
hles.unl.edu/grobigred

Landlord/Tenant Cash Rent Workshop

This free workshop covers current Nebraska cash rental rates and land values, best practices for agricultural leases, and other contract considerations. The meeting will also include financial considerations for farm succession and transition, plus offer an opportunity for those in attendance to have their leasing questions answered. Hosted at the local Nebraska Extension office, 8015 West Center Road, from 10:30 a.m. – 2 p.m. on Wed., Sept. 4. Registration is required. Call (402) 444-7804 to register.

Pollinator Habitats

Creating a habitat for pollinators takes more than pretty flowers. Join presenters Mary Jane Frogge and Scott Evans to understand plant selection and the mechanics of building a successful pollinator habitat. Hosted on Wed., Sept. 11, this session is presented virtually. Registration is free. Visit the website about to reserve your spot.

YMCA of Greater Omaha
metroymca.org/wellness-programs

Fall Fitness Challenge 2024

We all know that the key to reaching any goal is taking small steps consistently over time. This *Fall Fitness Challenge* will help you discover the habits that can best serve your long term health goals. For \$25, register online or sign up at your local YMCA Welcome Center, pick up a habit tracking card and choose a health goal that works for you. This eight week challenge will begin in September and run through November. Offered at all YMCA location, visit your local YMCA center for more information.

Y Weight Loss Program

The *Y Weight Loss Program* is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, which subsequently forms sustainable healthy habits. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans. Offered at select YMCA locations, start dates vary by location. Visit your local YMCA for details.

LIVESTRONG at the YMCA

LIVESTRONG at the YMCA is a 12 week, researched-based, small group physical activity and well-being program designed to help adult cancer survivors reclaim their total health. This program is offered at no cost and also includes a complimentary household membership. Participants work with YMCA staff trained in supportive cancer care to safely achieve measurable goals. The next session will begin Sept. 16 – Dec. 6. To register or for more information, give Amy Roux call at (402) 977-4293 or by email at aroux@metroymca.org.

Brain & Body

Brain and Body is an evidence-based fitness program for people with Parkinson's Disease and other neurological disorders. Classes are designed to challenge individuals to improve physical function, balance, coordination and brain health. Session dates are Sept. 9 – Dec. 20. The cost is free for YMCA members and \$10 per session for non-members. Each YMCA location will offer the session at different times, so check with your local YMCA for further details.