

BE PROACTIVE NEWSLETTER

OCTOBER 2026

WHAT'S HAPPENING

FAMILY & FRIENDS WEEKEND

Members may bring in guests for free on Saturday, Oct. 3 and Sunday, Oct. 4. Please check in guests at the front desk.

GROUP FITNESS CLASSES

Discontinued Class

- Cycle 30!, Friday, 8:45 a.m.

HEALTH SCREENINGS

- Cholesterol Screening: Wednesday, October 7, 8 - 10 a.m. \$25
- Blood Glucose: By appointment \$15
- InBody™: By appointment \$35

HEALTH CARE APPRECIATION

Non-member guests who work in healthcare may receive a free two-week trial membership this October. Healthcare workers need to present their employee identification or business card at sign up.

BEWELL BINGO

Can you complete all the BEWELL activities for a BLACKOUT? Pick up your free playing card October 1 - 31 at the front desk. When you do all the activities in a row, column or diagonally, you receive a prize. Fill in ALL the squares and receive your BLACKOUT prize of a free guest pass. One card per member and a limit of one prize and guest pass.

ACCOUNTABILITY SERIES

Join our year-long lifestyle change program and learn practical strategies to eat healthier, stay active, reduce stress, and build lasting habits that can help prevent or delay type 2 diabetes.

Registration is now open for Prevent T2, which begins Monday, October 26, 5:30 - 6:30 p.m.

Attend the free INFO SESSION on Monday, October 5, at 5:30 p.m.

PHYSICAL THERAPY ACROSS THE LIFESPAN

Every October, we celebrate National Physical Therapy Month to raise awareness about the many benefits of physical therapy. Physical therapy is personalized treatment and preventive care. It helps people of all ages and abilities move and function better, manage pain and long-term health conditions, and recover from or prevent injuries and chronic disease.

FOR CHILDREN AND TEENS

Pediatric physical therapists are experts in motor development and movement. They work closely with families, caregivers and educators in schools to create personalized care plans that promote independence in everyday activities, develop motor skills like balance and coordination, reach important milestones and increase mobility.

FOR EARLY ADULTHOOD

Physical therapy empowers young adults to stay ahead of potential issues before they interfere with daily life. Physical therapy specialty areas may include:

- Sports: Supports young athletes recovering from injury and optimizing performance
- Pelvic and Women's Health: Improves pelvic floor strength and decreases pain
- Orthopedic: Provides physical rehabilitation for people with pain, injury or disease of the muscles, bones or joints that limit mobility

FOR MIDDLE ADULTHOOD

As the body begins to show signs of aging, it is the perfect time to invest in your health. Physical therapy goes beyond recovery - it's a proactive strategy to maintain vitality, extend longevity and improve quality of life. Physical therapy specialty areas include:

- Neurologic: Addresses conditions affecting the brain, spinal cord and nerves
- Cardiovascular & Pulmonary: Provides prevention and rehabilitation care for people who are at risk for, or diagnosed with, heart, lung and other health conditions
- Oncologic: Addresses cancer-related problems during and after treatment

FOR OLDER ADULTHOOD

Living a full, independent life often means staying active and confident. For many older adults, falling or the fear of falling can significantly diminish their quality of life, leading to injury or a loss of independence. Physical therapy can improve balance, muscle strength and endurance to help to reduce the risk for falls, the challenges of frailty and the impact of stroke or chronic disease. Areas of Physical therapy specialty include:

- Geriatrics: Focuses on improving function and quality of life for older adults
- Neurologic: Addresses conditions affecting the brain such as Parkinson's, stroke, ALS, MS and nerves
- Cardiovascular & Pulmonary: Provides prevention and rehabilitation care for people who are at risk for, or diagnosed with, heart or lung conditions
- Orthopedic: Provides physical rehabilitation for people with pain, injury, or diseases of the muscles, bones or joints that limit mobility and addresses osteoporosis

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES - TWO OPTIONS

Mons. & Weds., October 5 - 28

11:15 a.m. - 12:15 p.m.

Tues. & Thurs., October 6 - 29

10:45 - 11:45 a.m.

\$80 Members \$200 Non-members

AQUA ZUMBA FOUR-WEEK SERIES

Wednesdays, October 7 - 28

6:45 - 7:30 p.m.

\$5 Members \$65 Non-members

INTRO TO CYCLING WORKSHOP

Saturday, October 10

9:30 - 10:30 a.m.

Free Members \$20 Non-members

MINDFULNESS & MYOFASCIAL

RELEASE THREE-WEEK SERIES

Sundays, October 11 - 25, 2 - 2:45 p.m.

Free Members \$45 Non-members

NEXT LEVEL BOOK STUDY

FOUR-WEEK SERIES

Sundays, October 11 - November 1

3:45 - 4:45 p.m.

\$45 Members \$120 Non-members

NUTRITION WORKSHOP

ONE DISH WONDERS COOKING DEMONSTRATION

Tuesday, October 20, 12 - 1 p.m.

\$15 Members \$30 Non-members

SMR & CARS FOR THE SPINE

WORKSHOP - TWO OPTIONS

Thursday, October 22, 10:30 - 12 p.m.

Friday, October 30, 4:30 - 6 p.m.

\$15 Members \$30 Non-members

SWIM LESSONS

Child: October 12 - November 19

Monday-Thursday, Various Times

Adult: October 15 - November 19

Thursdays, 5:30 - 6 p.m.

\$60 Members \$100 Non-members

FINDING INSPIRATION THROUGH THRIVE

By Natalie A. Williams, PhD

Translational Research Director of Health Psychology

Madonna Rehabilitation Research Institute

THRIVE is a mental health program created to support emotional wellness and personal growth for people living with chronic health challenges like Long COVID or mild traumatic brain injury. My role is to help participants learn and practice new ways of responding to difficult thoughts and emotions to help alleviate distress. However, I have found that the experience is far from one-sided. I often come away from each session feeling re-energized and inspired.

Participants typically join the group because they have been facing health challenges that affect their capacity to manage family responsibilities, work demands and even their own bodies. They are often grieving changes in identity and feeling overwhelmed by the uncertainty of their future. While each story is unique, a common thread is that despite experiencing real challenges, everyone is ready to reflect, learn and support one another.

Mental health is not about avoiding hardship or always maintaining a positive outlook. Instead, it is often about showing up for yourself and others with honesty and compassion. The persistence THRIVE participants show when circumstances are difficult is remarkable. Some share examples of taking small but important steps toward personal goals. Others describe learning to be more patient and kind to themselves when progress feels slow. Their recovery journey shows how personal growth occurs through small actions and consistent effort, rather than dramatic changes.

THRIVE participants are willing to learn and think about things differently. They are introduced to new tools, concepts, and approaches designed to support emotional well-being. What stands out is not just their interest in these approaches, but their willingness to try them. THRIVE participants have an openness to experiment and figure out what works best for them. The program also highlights the benefit of social connection. While many people initially join to learn skills or improve aspects of their well-being, they find value in the shared experiences of the group. Participants encourage one another, offer practical suggestions and provide thoughtful support during discussions. Sometimes, it is a helpful piece of advice. Other times it is listening without judgment and offering a hand (literately and figuratively!). Participants celebrate one another's successes, acknowledge challenges and offer encouragement when another is struggling with something. For me, it is a reminder that empathy and kindness is not something to offer only when we feel good. Often, it is most meaningful when it comes from someone who is living through a similar struggle or has in the past.

As group leader, I expected to help guide discussions and support participants in working toward their goals. What I did not anticipate was how much I would learn from them along the way. Participants' willingness to keep trying, learning and growing has given me a different perspective on my own challenges and goals. Every THRIVE group also demonstrates how growth doesn't happen in a straight line. Usually, it's two steps forward and one step back.

The THRIVE program has been a success because of the people who have participated in it. Their openness and support of one another creates the environment where meaningful conversations and positive changes happen. If you are interested in participating in a THRIVE group, please contact Dr. Natalie Williams at nwilliams@madonna.org or 402-413-4503.