

Wellbeing Week

All Events
FREE

Attend at least three activities, have your card signed and be entered to win Chamber Dollars and other prizes!

Balance & Mobility Screening

Hastings Physical Therapy — 2307 Osborne Drive West
Stop in anytime between 1:00-5:00 p.m. for a free Balance and Mobility Screening.

No registration required.

Questions: Babz Moffatt- 402.462.2665

“Because I Said So!” — Parenting Skills 101 (Kids)

Mary Lanning Healthcare — 715 North St. Joseph Conference Room 5
Parenting is the hardest job in the world; this class is intended to help give parents/guardians some confidence through learning different tools and strategies. In the “Child” class we will look at the power of choices, different consequence tools and how to nurture your child’s developing mind.

No registration required.

Questions: Amanda Schroeder-aschroeder@marylanning.org

“Because I Said So!” — Parenting Skills 201 (Teens)

Mary Lanning Healthcare — 715 North St. Joseph Conference Room 5
Parenting is the hardest job in the world; this class is intended to help give parents/guardians some confidence through learning different tools and strategies. In the “teen” class we will explore healthy boundaries, communication, and how to prepare your teen for the future.

No registration required.

Questions: Amanda Schroeder-aschroeder@marylanning.org

Better in Bed - Tips for Better Sleep

Mary Lanning Healthcare — 715 North St. Joseph
Medical Services Building Room F

As a society we stink at sleep! Learn what is going on with our bodies while we sleep and tips for getting more and/or better quality sleep.

No registration required.

Questions: Becky Sullivan-bsullivan@marylanning.org

Family Fitness

Hastings Family YMCA — 18th Street Location - Tennis Court

Join the YMCA for a Family Fitness event including kick-boxing and Zumba.
No registration required.

Questions: Erika Knott-erikak@hastingsymca.net

Flexing your Resiliency Muscle

Mary Lanning Healthcare — 715 North St. Joseph Conference Room 5
When faced with a crisis or major life difficulty, this class will help you build skills to overcome these adversities and use your innate capacity to build resiliency to help yourself and others.

No registration required.

Questions: Cindy Bruntz-cbruntz@marylanning.org

Free Group Exercise Classes

Hastings Family YMCA — 16th and 18th Street Locations

Join the YMCA for free group exercise classes on Monday, Tuesday and Wednesday at both facilities. If you attend 3 different classes Mon-Wed you will receive 25% off membership for the rest of the year!

No registration required.

Questions: Erika Knott-erikak@hastingsymca.net

Little Dragons

South Central Taekwondo — 710 West 2nd Street

Join South Central Taekwondo for a free class open to kids ages 4-6.

No registration required

Questions: Vicki & Mike Neiman-mvneiman@gmail.com

Longevity Planning

Raymond James Financial Services at Heartland Bank
(3701 Osborne Drive West)

This seminar will focus on preparing for your financial future.
No registration required.

Questions: Theresa Petska-theresa.petska@raymondjames.com

Self Defense

South Central Taekwondo - 710 West 2nd Street

Join South Central Taekwondo for a free class open to teens and adults.

Class size is limited, please call to reserve your spot 402-463-2262

Questions: Vicki & Mike Neiman-mvneiman@gmail.com

Stress Getting the BEST of You?

Redline Specialty Pharmacy - 2415 Osborne Drive East, Suite 100

Join Redline Specialty Pharmacy for this seminar presented by Dr. Jen Ramaekers.

Class size is limited to 30, please email info@redlinepharmacy to reserve your spot.

Questions: info@redlinepharmacy

Medicine The Way It Used To Be: Direct Pay Healthcare

Golden Rule Skin Clinic at the Chamber Development Center
(301 South Burlington)

Join Golden Rule Skin Clinic to learn about the benefits of direct pay healthcare.

No registration required

Questions: Andrea Chrisman-402-460-1090

Tai Chi

South Central Taekwondo — 710 West 2nd Street

Join South Central Taekwondo for a free class open to anyone.

No registration required.

Questions: Vicki & Mike Neiman-mvneiman@gmail.com

Taekwondo

South Central Taekwondo — 710 West 2nd Street

Join South Central Taekwondo for a free class open to anyone ages 7 through adult.

No registration required.

Questions: Vicki & Mike Neiman-mvneiman@gmail.com

Vitamin D: More than Sunshine

Mary Lanning Healthcare — 715 North St. Joseph
Medical Services Building Room C

The “in” vitamin, Vitamin D has been linked to everything from fatigue to cancer to heart disease. Learn how this little vitamin can impact your health!

No registration needed.

Questions: Shannon Frink-shannon.frink@marylanning.org

Volunteer with United Way

United Way — Chautauqua, Heartwell & Libs Parks

Volunteer with United Way to help clean up Hastings parks.

No registration required

Questions: Adam Jacobs-adamunitedway@gmail.com

Yoga

SASA Crisis Center — 200 South Burlington #4 — Inspiration Room

Join SASA staff for a relaxing Yoga class.

No registration required

Questions: Jennifer Uldrich-legaladvocate@hastingsasa.com

Wellbeing is more than just what you eat and how much you exercise. It's about the whole person & how all of the areas interact.