



The Olson Wellness Exchange

April 2024

Olson Center for Women's Health **(402) 559-6345**

Nutritional Needs of Breastfed Babies from Birth to Weaning

Tune into the 2024 Webinar Series presentation, *Nutritional Needs of Breastfed Babies from Birth to Weaning*, presented by Laura Wilwerding, MD, IBCLC, FAAP, FABM on Tues., April 9 from 12 – 1 p.m. via Zoom. Supplemental considerations/needs during the exclusive breastfeeding period, appropriate first foods based on nutritional needs and development, and the balance of breastfeeding and solids after a year, will be discussed. Continuing education for nurses and lactation consultants will be provided at no charge. To register, email Courtney Smith at courtneyl.smith@unmc.edu.

OWE Partner Offers

Alzheimer's Association Nebraska Chapter **(402) 502-4300** **(800) 272-3900**

Dementia Conversations

Your memory often changes as you grow older and coming to terms with a new diagnosis requires time. Support groups create a safe, confidential, supportive environment that gives participants the chance to develop informal social relationships while learning about dementia and developing skills to solve problems. Join your local Nebraska chapter on Mon., April 1 from 1 – 2 p.m. at New Cassel Retirement Center, 900 N 90 Street, as advocates inform and educate attendees. Call to register.

Body Basics Fitness Equipment **(402) 397-8866**

2024 Claussen-Leahy Maverick Run

Come join the Body Basics staff for the key fitness event in the month of April, the *2024 Claussen-Leahy Maverick Run*! This event will feature a 10K, 5K run/walk option for adults and a 1K option for children. With your participation you will receive entries for various major prizes and your chance to win a premium bike valued at \$1000 - \$1200 provided by Body Basics. Registration deadline is April 19. The cost is \$40 for adults and \$10 for children. To register visit OMavs.com/MaverickRun.

Club Pilates Omaha / Papillion **(402) 216-6212**

Try Club Pilates

Introduce your body to Pilates for FREE! Give Club Pilates a call and book your free 30- minute Introductory Class which includes a walk through Reformer Pilates basics as well as familiarizing yourself with our specialized studio equipment. From high-intensity to recovery and mobility, Club Pilates classes are low-impact, fun and effective. Want to know the location that is perfect for you? Give Jay a call for further details.

Creative Wellness

amymccae@gmail.com

Heart-Centered Mindfulness

Self-care is not selfish, self-care is self preserving. Taught by Mindfulness Coach - Amy McCae, in this session you will learn and develop several mindfulness based practices that can help you be gentler with yourself and empower you to know your needs. Hosted at the MCC Sarpy Center, 9110 Giles Road #205, the cost is \$35 per person. To register email Amy at amymccae@gmail.com.

DC Centre **(402) 393-7431**

Spring Tasting Event

Mark your calendar for the upcoming DC Centre *Spring Tasting Event*, hosted on Tues., April 2 from 5:30 – 7 p.m.! Enjoy the opportunity to try out samples of our catering with complimentary coffee, tea and soda. The event will have live music and a fully decorated suite. Ticket prices are \$20. For more information visit DCCentre.com or give Armana a call.

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

Pottery Painting

Want to learn how to customize your very own pottery for a nice gift to give to a love one, friend or special someone? Join Dee-sign Landscaping crew on Tues., April 30 and learn to create and customize your own terra cotta pots. For \$15 receive the pots, paints and instructions on how to create your very own masterpiece. Kids are welcome and class will begin at 6:30 p.m. To register give Margo a call.

Want more information on the offerings listed?
Email OlsonWHRC@unmc.edu for complete event details.

Dreams MedSpa
(402) 596-4000

Spring Fling Sale

Save on your favorite skincare products and treatments during our annual *Spring Fling Sale* April 29 – May 3! Many treatments will be available for purchase online but all products must be purchased in store. To learn more the offered treatments and products give Dreams MedSpa a call.

Fontenelle Forest

Event registration at FontenelleForest.org/Calendar or call (402) 731-3140

Archery Adventure Day

Presented by Scheels, enjoy an outdoor family event that has activities for everyone. *Archery Adventure Day* will be held at Camp Wa-Kon-Da from 10 a.m. – 1 p.m. on Sat., April 6. Activities include archery basics, family-friendly archery competition, a guided hike and a campfire with hotdogs and s'mores to end the program. Cost is dependent on age and membership status. Check website calendar for details.

Fontenelle Forest Photo Club

Photo Club membership is open to anyone interested in photography, beginner to advanced, who is a member of the Fontenelle Forest. Meeting on the third Thursday of the month from 6:30 – 8:30 p.m., guests are always welcome. Next meeting is Thurs., April 18, hope to see you there.

City Nature Challenge

Organized by the Omaha Henry Doorly Zoo and Aquarium, the *City Nature Challenge* is a search of wildlife, plants and fungi at various stations set up around the Nature Center's Dennis Plaza. Hosted on Sun., April 28 from 12 – 3 p.m., this event is free for members or with paid daily admission.

Trails Less Traveled

Discover your inner explorer and join us for our newest guided hike series, *Trails Less Traveled*! Expect to trek long distances over a variety of terrain covering easy, moderate and strenuous trails. Trekking poles will be provided on a first come, first served basis. April's location will be The Wetlands on Sun., April 28 from 1 – 3 p.m. The cost is \$10 for members and \$18 for non-members.

Hy-Vee Inc.

Hy-vee.com/HealthNew/Dietitians

A1C Screening Tour

Throughout the month of April, Hy-Vee Dietitians will be conducting over 2,000 free A1C screenings at over 80 Hy-Vee store locations. Hemoglobin A1C is a simple blood test that measures your average blood sugar over the previous 2-3 month period. Contact your local Hy-Vee Registered Dietitian for more information and thank you to the generous event sponsors: Embecta, PB2, Liquid IV, Chobani and Pacific Coast Producers.

Omaha Farmers Market

(402) 345-5401 ext. 115

Weekly Vendor Applications

Apply to be a vendor at the 2024 Omaha Farmers Market! Weekly vendor applications are accepted all season and vendors are rotated in every week depending on their availability. Applications and more information are available at OmahaFarmersMarket.com/Vendor-Information.

Omaha Performing Arts

For tickets, go to TicketOmaha.com or call (402) 345-0606

John Mellencamp

Performing at the Orpheum Theater on Sun., April 7, John Mellencamp's thoughtful songwriting is full of passion, heart and an understanding of the lives of ordinary folks living in the American Midwest. Ticket prices are \$49.50 - \$499.

Blippi: The Wonderful World Tour!

Blippi is coming to Omaha for the ultimate curiosity adventure! Dance, sing and learn with Blippi and special guest Meekah as they discover what makes different cities unique and special. Performing at the Orpheum Theatre on Sun., April 14, ticket prices are \$32 - \$72.

Chicken & Biscuits

When the Jenkins family comes together to celebrate the life of their patriarch, skeletons in the closet are revealed. Family members at odds are challenged to accept each other for who they are – the good, the bad, the ugly and the hilarious. Showcasing at the Hawks Mainstage Theatre on April 18 – May 12, ticket prices are \$25 - \$40.

UBX
(402) 934-2348

Workshop Series – One Rep Max Living

When demands of life are near or exceeding one's maximum physical capacity, learn how to increase your max capacity with this *UBX Workshop Series* presented by Board Certified Geriatric Clinical Specialist, Betsy Spieler. Hosted at the UBX Fitness and Nutrition on Thurs., April 18, this session will begin at 6:30 p.m. This event is geared for the older population.

Week for FREE

UBX Fitness and Nutrition would like to offer OWE readers the opportunity to try either the UB Fit Small Group Training (geared for >55) or UB Fit Stronger (geared for <55) at no cost for a full week! For full details, give Luke Shook a call.

UNMC Engage Wellness
(402) 552-7210

The Science of Meditation for Healing the Mind and Body

Presenter Sarah Fischer, PhD, will share how meditation is an extremely powerful tool for healing the body and mind – accessible to you at any time, any place. Free for the community, this presentation will be hosted in the Group Movement Room within the Engage Wellness location on the UNMC campus, 730 South 38th Avenue, on Fri., April 5 from 11 a.m. – noon. Call to reserve your spot.

YMCA Healthy Living Center
(712) 323-5995

Dinner and Auction

On Fri., April 19, 6 – 9 p.m., enjoy an evening in support of the Downtown Omaha and Southwest Iowa YMCA's. Learn about the support and financial assistance they provide to individuals and families, enjoy good food and drinks, participate in a silent - live auction and have a great time too! Ticket prices are \$50.

Featured recipe on back



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.

Disclaimer: This O.W.E. Partner Wellness offerings are for the sole purpose of compiling a listing of local companies interested in health and wellness. The Olson Center for Women's Health does not endorse the services or advice of the individual companies listed in this update. The companies listed are meant to complement your health and wellness plan and are not intended to replace the health care provided by your individual health care provider. The Olson Center for Women's Health disclaims all liability associated with the companies within this update. Every effort to keep each company's information up-to-date is made, however services, prices, and offerings from companies are subject to change. O.W.E. members are responsible for determining if a company meets their wellness needs and for payment of all services.