



The Olson Wellness Exchange

December 2025

Partner Offerings

American Midwest Ballet

amballet.org

Nutcracker

The Sugar Plum Fairy cordially reminds you that the holiday season is closer than you think! Soon candles will be glowing and snowflakes will be swirling, making it the perfect time to gather your family for a cozy theater enchantment of *The Nutcracker*. Performing at the Orpheum Theater from Dec. 4 – 7, don't forget to purchase your seats to this brilliant classical ballet. Ticket prices are \$39 - \$106.

Barre3 – Dundee

dundee@barre3.com

Holiday Specials

The team members at Barre3 would like to offer O.W.E. readers holiday specials to kickstart the season spirit. First, anyone can experience a Barre3 workout free of charge through the remainder of the year. Healthcare workers, teachers, students and military service members can begin membership for \$99 a month, and lastly the studio would like to offer a year membership deal for \$965. Email Kacie or Kali at the address above for more information.

Brain Injury Association

biausa.org

Reception & Concert

The Brain Injury Association of Nebraska will host a reception at the UNO Strauss Performing Arts Center, Christensen Concert Hall, 6305 University Drive North, on Wed., Dec. 3 beginning at 6:15 p.m. Free and open to the public, the reception will feature light refreshments, live music and an in-person viewing of *A Piece of My Mind* – a story gallery by artist John Noltner, sharing the voices and experiences of Nebraskans affected by brain injury. Following the viewing, the Nebraska Medical Orchestra and Choir will perform their annual winter concert beginning at 7:30 p.m. Registration is not required.

Simple Tools, Big Possibilities: Assistive Technology to Help You Thrive after Brain Injury

Living with a brain injury often means finding new ways to manage daily tasks. Assistive technology can help! Join BIAA's next virtual webinar as attendees explore simple, everyday tools that support challenges commonly experienced after injury. From tools you may already own to phone settings you didn't know you had, participants will learn how technology can ease daily frustrations and promote autonomy. Designed for survivors and caregivers alike, this session offers accessible strategies that meet you where you are. This webinar is free to attend. Hosted on Thurs., Dec. 11 from 3 – 4 p.m. (EST), visit biausa.org and search 'Upcoming BIAA Webinars'. Click on 'Register for Upcoming BIAA Webinars' and select the above talk.

Dee-sign Landscaping & Garden Shop

(402) 392-1444

Free Photo with The Grinch

Come celebrate the holiday season with the Dee-sign Landscaping team and get your photo taken with *The Grinch*. Bring your pets, friends, kids and grandkids, for a holiday picture you will never forget! This free event will be held on Sat., Dec. 13 from 1 – 4 p.m. Photos will be posted on the Dee-sign Landscaping's social media platforms, Facebook, NextDoor and Instagram. For more information, give Christa a call.

Group Events

Do you have a fun group of hobby driven individuals who enjoy the artistic adventure of do-it-yourself projects? For the month of December, Dee-sign Landscaping & Garden Shop would like to host a group event for you. It's as easy as selecting your hobby from an assortment of event options offered. Visit with Dee-sign Landscaping staff to select your class, review your price point and set your event date. For a complete list of hobby courses, give the team a call at the number above.

Fit In The City

(402) 740-3282

Train Like a Trainer 2025

Fit In The City has two dates left for *Train Like a Trainer 2025*. Participants workout in small group, total body, strength and conditioning sessions for 55 minutes. The cost is \$35 per session. Available dates are Sat., Dec. 6 and 13. To purchase your session or for more information, give Renee a call at the number above.

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.

Fontenelle Forest

fontenelleforest.org/calendar | (402) 731-3140

Holiday Gatherings

The holidays will be here before we know it! Whether it's a family holiday party, a kiddo's birthday party, retreat, corporate event or annual board meeting, Fontenelle Forest has several spaces available for rent! Your guests will be pleased with the natural setting, beautiful scenery and unique forest environment. With three different rental packages to choose from, current Fontenelle Forest members receive a discount. For more information, email info@fontenelleforest.org.

Santa's Forest Festival

Don't let the cold keep you indoors, Fontenelle Forest's *Winter Season Celebration* is the perfect way to embrace the magic of winter in nature. From frosty walks to chilly outdoor adventures in Acorn Acres, we're encouraging the community to bundle up and get outdoors this winter! Attendees can visit with Santa at the Nature Center from 1 – 4 p.m. on Sat., Dec. 6. This event is free for members or with paid daily admission.

Christmas Bird Count

The *Christmas Bird Count* has been happening since 1900 and this year you can help! Join the Fontenelle Forest team on Sun., Dec. 14 from 8:30 – 10:30 a.m. for a naturalist-guided bird count through the trails, boardwalk, and near the Nature Center. Participants will hike snow or shine. After the count is finished, hot chocolate and coffee will be available in the Forest Room as the results are tallied. This is a free family-friendly event for Fontenelle Forest members or with paid daily admission.

Gloss Salon & Day Spa

(402) 502-1850

December Specials

The team at Gloss Salon & Day Spa would like to brighten your holiday season with aesthetic specials for the month of December. Choose from eyelash extension savings of \$40 off, Brazilian blowouts starting at \$210, or enjoy a selection of HydraFacial's priced at \$100. To book your pampering service, call the number above.

Holiday Packages

Looking for the ultimate beauty experience in one place? Stumped on what to get your loved one for a holiday gift? Gloss Salon & Day Spa is your answer! With pampering selections such as Polished and Pampered, Wrap Me in Relaxation, Bliss Fix and Radiance Reset, enjoy luxurious manicures and pedicures, massages, facials and more. For more information or to schedule your session, give the team a call at the number above.

Hy-Vee Inc.

hy-vee.com/health/dietitians

Healthier You

Jumpstart your health and wellness journey with help from Hy-Vee Dietitians. With a free *Healthier You* consult, you'll learn more about the nutritional services, affordability options, weight management program, health screenings and more. Connect with a Hy-Vee Registered Dietitian at the website above to start your transformation.

Oasis Massage & Spa

(402) 964-2267

Oasis Therapeutic Massage

Therapeutic Massage Therapy works with the relationship between nerves and muscles. By utilizing soft-tissue manipulation (massage) in balance with the body's central nervous system and musculoskeletal systems, this technique allows the therapist to find neuro trigger points to break up knots and relieve pain. Offered in 30-, 60- and 90-minute increments, book your *Oasis Therapeutic Massage* today. Prices vary from \$48 - \$135. Give Lindsey a call at the number above to book your experience.

Omaha Farmers Market

Aksarben Village

Omaha Holiday Market

Enjoy the *Omaha Holiday Market* on Dec. 6 and 7. Hosted at the Aksarben Village location, Mercy Road from 67 Street to Aksarben Drive, shop crafts, jewelry, seasonals and more. Attendees will enjoy heated tents, Santa and free admission. ATMs will be located onsite. Open from 10 a.m. – 5 p.m. both days, bring your holiday spirit and enjoy the season with the Omaha Farmers Market.

Omaha Performing Arts

o-pa.org/performances

Hope For the Holidays

Celebrate the holiday season by joining the River City Mixed Chorus at the Holland Performing Arts Center for their much-anticipated annual show on Sat., Dec. 6. *Hope for the Holidays* is packed with joy-filled, four-part harmonies sung by more than 180 singers dedicated to creating music that makes a difference. From modern arrangements of classic holiday themes to the best holiday hits of today, there is something for everyone. Show begins at 7 p.m. and ticket prices are \$30 - \$57.



The Notebook

Based on the best-selling novel that inspired the iconic film, *The Notebook* tells the story of Allie and Noah, both from different worlds, who share a lifetime of love despite the forces that threaten to pull them apart. Showcasing at the Orpheum Theater from Dec. 9 – 14, showtimes vary. Ticket prices are \$47 - \$127.

A Magical Cirque Christmas

Capturing the charm and enchantment of a circus performance and blending it seamlessly with the nostalgia of Christmas, *A Magical Cirque Christmas* features the most extraordinary talent from around the world. Find the magic of the season with their mystical magicians, see the edge of what's possible through stunning circus acts, and find the spirit of the holiday in beautifully sung Christmas carols. Performing at the Orpheum Theater on Thurs., Dec. 18, the show begins at 7 p.m. Ticket prices are \$43.75 - \$83.75.

UNL Nebraska Extension in Douglas & Sarpy Counties 8015 West Center Rd

4-H 101

Whether you're new to 4-H, interested in becoming a club leader or volunteer, or already involved and looking for updates, join us for an informational session all about 4-H! This meeting will be held on Mon., Dec. 8 from 5:30 – 6:30 p.m. at the Douglas-Sarpy Extension office. Topics will include how to enroll in 4-H, how to start or join a club, available projects and resources, upcoming contests and events, and a Q&A session. This meeting is free to attend. Please RSVP Stephanie Thorson by calling (402) 444-7949.

UNMC Center for Healthy Living 3908 Jones Street

Holiday Hustle Challenge

Stay active this holiday season with the *Holiday Hustle Challenge*! From Dec. 1 – 21, join other community members for fun group fitness classes and at-home workout plans designed to keep you moving between celebrations. Participants earn points for participation and completed challenge cards are entered for a chance to win exciting prizes. Registration deadline is Mon., Dec. 1. The challenge is free for CFHL members and \$15 for non-members. Email cfhlcampusrec@unmc.edu for more information.

UNMC EngAge Wellness 730 South 38 Ave

The Importance of Taking Care of You

UNMC EngAge Wellness is offering a free community presentation on the importance of taking care of your mental health. With a focus on resources and helpful recommendations for stress relief, Drs. Steven Wengel and Sarah Fischer, provide great insight into combating Seasonal Affective Disorder (SAD), commonly experienced by many as the days get shorter and temperatures start to drop. Hosted at the address above in the Group Movement Room, the talk will take place on Fri., Dec. 8, beginning at 11 a.m. For more information, call (402) 552-7210 or email engage@unmc.edu.

Twin Rivers YMCA 6100 Twin Rivers Cir Valley, NE

Pancakes with Santa

Join the team members at Twin Rivers YMCA for *Pancakes with Santa Claus*! Mark your calendar for Sat., Dec. 13 from 9 – 11:30 a.m. The cost is \$6 per plate. No pre-registration required.

Feature Recipe on Back

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.