



The Olson Wellness Exchange

January 2026

Olson Center Educational Offering

Starting Fresh: Practical Self-Care and Wellness Strategies for the New Year

Tues., Jan. 20 | 12 – 1 p.m. (CST) | Online Only

Kendra Gonzalez, a psychotherapist with the Nebraska Medicine Patient-Centered Medical Home division, will start the new year of brown bags by guiding participants through a reflective process to evaluate their health and wellness from the past year and identify areas for improvement in 2026. Attendees will explore evidence-based, self-care strategies of the interconnected dimensions of overall health (physical, mental, emotional, and social) to reduce stress and promote balance. Audience members will leave with practical tools to set realistic, sustainable goals for the year ahead. This talk is free to attend. Nursing credit is available for \$15.

For more information or to register, email the Olson Center at OlsonWHRC@unmc.edu or call (402) 559-6345.

Partner Offerings

Alzheimer's Association

(402) 502-4300 | (800) 272-3900

Take Charge of Your Brain Health

Did you know everyday actions can impact brain health, including memory and thinking? At the next virtual *Alz Talk: Take Charge of Your Brain Health*, attendees will learn and explore new tools, plus take advantage of additional resources used to review their current habits. Guests will leave with positive steps that can be taken to protect brain health. This webinar is supported by Lantheus, and registration is free. Hosted on Thurs., Jan. 29 from 10 – 11 a.m. (CST), visit alz.org and search 'Alz Talks Virtual Events' to register.

American Red Cross of Nebraska and Southwest Iowa

redcross.org

Heroes in the Heartland

The year 2026 will celebrate the *25th Anniversary of Heroes in the Heartland*. This event honors individuals who have saved another person's life during the past year or who have positively impacted the quality of life of others. Nominations are being accepted with Hero Award categories that include Call to Action, Gift of Life, Disaster Relief, Good Samaritan and more. Visit the website above and search 'Heroes in the Heartland' to nominate your hero today.

American Midwest Ballet

amballet.org

Community Auditions

Your next opportunity to audition for American Midwest Ballet's community roles is here. AMB offers opportunities in select productions as part of their ongoing commitment to dance education and community engagement. *A Midsummer Night's Dream* community auditions will be held on Sat., Jan. 10, with initial costume fittings on Sat., Jan. 24. Auditioners must be able to attend both dates. Pre-registration is required. Visit the website above and click on AMB School, scroll until you see *Community Auditions* and click to register.

Barre3 – Dundee

dundee@barre3.com

New Client Special

New Year, New You! Barre3 would like to offer O.W.E. readers the opportunity to experience the studio difference with three sessions for \$33. You'll feel the signature Barre3 burn and experience how their mindful, sustainable approach delivers real results. If you choose to continue, your first three months of membership will be \$99. For more information or to purchase your special, email Kali or Kacie and the address above.

Body Basics Fitness Equipment

10912 Prairie Brook Rd

\$300 Off

Body Basics features the highest performing home and commercial fitness equipment with optimal selection, customer-focused presentation and professional service. For the new year, store manager Joe Rauth would like to offer O.W.E. Members \$300 off any infrared or traditional sauna. Free delivery is available. O.W.E. readers must make an appointment to receive the discount. Give Joe a call at (402) 891-0028 to book your appointment.

Dee-sign Landscaping & Garden Shop

(402) 392-1444

Seedy Valentines

The first class for do-it-yourself enthusiasts will be *Seedy Valentines*. Join the Dee-sign Landscaping staff on Tues., January 13 at 6 p.m. to create your crafty valentine out of plant seeds that become beautiful flowers for your pollinators. Seeds and supplies will be provided. The cost is \$10 and pre-registration is required. Register on the Dee-sign Landscaping Facebook page or call 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.

Dreams MedSpa
(402) 596-4000

January Specials

Dreams MedSpa would like to elevate your new year with savings on the MiraDry treatment and SkinMedica 90-day challenge. MiraDry is a non-invasive, FDA-cleared treatment that uses microwave energy to permanently reduce underarm sweat, odor and hair. The Skin-Medica 90-challenge uses the aesthetic peels Illuminize, Vitalize and Rejuvenize to cleanse and clear your skin. Readers can save \$200 on one MiraDry treatment and \$125 off the SkinMedica challenge. Discounts cannot be combined with other specials or prepaid services on patient accounts. Sale ends Sat., Jan. 31.

Fit In the City
(402) 740-3282

Winter Wellness 2026

Transform your body, lose inches and gain strength with the 10-week *Winter Wellness 2026*. Beginning on Mon., Jan. 12, participants will train three times per week, in 45-minute workouts. Led by certified, motivational coaches in a fun and friendly environment, individuals of all fitness levels are welcome to join. The cost is \$309. To register, give Renee Hardester a call at the number above.

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

Manifestation Station

Bring your creative mind and good intentions to the Forest on Sun., Jan. 4 from 1 – 2:30 p.m. to create *Manifestation Boards* for the New Year! Envision your goals and ideations for this year and use the serenity of the Forest and natural materials to express them! Each participant will receive a poster or foam board, natural materials and art supplies. You are encouraged to bring your own items from home to add to your board! The cost is \$10 for Fontenelle Forest members and \$25 for non-members. See you there!

Become a Monthly Donor

For 25 years, the Fontenelle Forest Nature Center has been the place where memories are made. Celebrating this milestone, Fontenelle Forest would like to invite you to be part of the next 25 years by becoming a monthly donor. Your donation supports care for rescued raptors, maintaining the 24-miles of trails, and inspiring future generations to fall in love with nature. Visit the website above and search '*Become a Monthly Donor*' to get started.

Habitat Building Sessions 1 & 2

Bring your creativity and join the Fontenelle Forest team for *Winter Habitat Building*. Under the encouragement and guidance of our naturalist educators, participants will create their own model habitat out of natural materials. All materials are provided, and this is sure to be fun for all ages. Hosted at the Nature Center on Sat., Jan. 24, Session 1 will be from 12 - 1 p.m. and Session 2 will commence from 1 – 2 p.m. The cost is \$15 for Fontenelle Forest members and \$30 for non-members.

Homeschool Day Camp: Snow-ology

From snowflakes to snowstorms, this one-day camp is all about the science of snow! Participants will join other homeschooled students for games, hikes, snowflake crafts and a campfire with s'mores. Hosted at Camp Brewster on Mon., Jan. 26, this program is geared for ages 6 and older. Camper drop-off will be from 8:30 – 9 a.m. and pick-up will be from 3 – 3:30 p.m. The cost is \$60 for Fontenelle Forest members and \$70 for non-members.

Starlab Planetarium Space Exploration

Explore outer space indoors with the *Starlab Inflatable Planetarium* on Sat., Jan. 31. Educators from Gifford Farm will join Fontenelle Forest staff to lead astronomy lessons in the Starlab. There will be space-themed activity stations to enjoy and if weather permits, a brief guided hike to observe the night sky from the Riverview Boardwalk. This event is designed for families with children ages 4 – 13 years. Adults must accompany children. This program will begin at 6 p.m. and the cost is \$10 for Fontenelle Forest members and \$25 for non-members.

Hy-Vee Inc.

hy-vee.com/health/dietitians

Employee Wellness Services

Partner with Hy-Vee to promote a healthy workplace for you and your employees, no matter your organization's size. Worksite Wellness services include health screenings, live presentations, programs and other wellness needs for your employees. Visit the website above and click on Dietitian Services. From there you can view Individual Nutrition Counseling, Healthy You Subscriptions, as well as *Employee Wellness Services*.

Omaha Farmers Market

omahafarmersmarket.com

2026 Season - Vendor Applications

The 2026 Omaha Farmers Market vendor applications are open. Apply to be a weekly vendor or for the entire season. Vendors are rotated every week depending on the applicant's availability. The OFM Saturday and Sunday dates have separate applications. For more information or to complete your application, visit the website above.

Omaha Pedalers Bicycle Club
bmancuso07@msn.com

2026 Ride Planning

The Omaha Pedalers Bicycle Club is an organization with a wide range of members and a variety of cycling skills and interests. At the next monthly meeting, ideas and suggestions are welcomed for the *2026 Rides*. Hosted at Oklahoma Joe's on Tues., Jan. 13 at 6 p.m., all are welcome to attend. Not a member of the OPBC? Become a member for only \$20. Email Bob Mancuso at the address above for more information.

Omaha Performing Arts
o-pa.org/performances

Nebraska State Thespian Festival

The *Nebraska State Thespian Festival* honors and celebrates the talents of secondary theatre students and educators who excel both on and off the stage. This year's festival will commence on Thurs., Jan. 8 through Sat., Jan. 10 and features the One Act Festival showcase, opening ceremonies, spotlights two local high school productions, an all-state production and a final showcase. Ticket prices vary for each event, \$24 - \$29.

Shucked

Shucked is the Tony Award winning, hit Broadway musical comedy about an unlikely hero, a lovable con man, and an a-maize-ing battle for the heart and soul of Cob County. Get your tickets to the funniest corn-based musical that everyone's stalkin about. Showcasing at the Orpheum Theater January 13 – 18, ticket prices are \$47 - \$127.

Origami Workshop with Dr. Sharon Ishii-Jordan

Back by community demand, local *Origami Artist Sharon Ishii-Jordan* will take the audience through the traditional practice of this delicate Japanese art form. This tactile focused experience at Creighton University – Harper Center, 602 North 20 Street, will give attendees a sense of beauty, history, and culture. Two dates are available for this workshop, Thurs., Jan. 22 and Sun., Jan. 25. With choose-what-you-pay ticketing, you decide what's right for you. Suggested ticket price is \$10.

UNL Nebraska Extension in Douglas and Sarpy Counties

8015 West Center Rd

Clover Kid Club

Clover Kids is a fun, once-a-month meeting for the youngest 4-H'ers, ages 5 – 8 years. Kids explore a variety of hands-on topics in a welcoming and engaging environment. The first meeting of 2026 will be on Tues., Jan. 6 from 5:30 – 6:30 p.m. Hosted at the Nebraska Extension office, email Megan Petsch at mpetsch3@unl.edu for more information or to sign up!

UNMC Center for Healthy Living
3908 Jones Street

Fresh Start Challenge

Start the new year with a commitment to your well-being! The *Fresh Start Challenge* is an eight-week program designed to help you reset, recharge, and thrive. Each week, attendees will focus on one of the *8 Pillars of Wellness* through fun activities and inspiration. This challenge is free and open to anyone. The challenge runs January 12 – March 8. To register, visit unmc.edu/cfhl/resources/events.

Personal Training

Ready to start your fitness journey or take your workouts to the next level? Book a consultation and training session for \$40! You'll receive a personalized fitness plan tailored to your goals, expert guidance from our certified Exercise / Fitness Associates, and hands-on training to boost confidence and results. The price for just a consultation is \$20. Visit the unmc.edu/cfhl/membership/personal-training to get started.

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.