



Partner Offerings

American Midwest Ballet

amballet.org

June Primary Dance

June Primary Dance is a three-week series in which movement, music, and imagination unite in this fun and creative class for dancers ages 3 – 5. These classes help children hone motor skills and develop strength, coordination, and creative thinking. Hosted on June 13, 20, and 27 from 9 – 9:45 a.m., the cost is \$36 for all three sessions! Registration deadline is June 1. Visit the website above to register.

June Children's Summer Dance Camps

A magical combination of storytelling and dance creates a fun morning for dancers ages 6 – 9. Each two-hour themed camp starts with a ballet class, followed by a snack, ballet-inspired craft, and studio performance. You can choose to enroll in one, two, or all three sessions. Hosted on June 13, 20, and 27 from 9:45 – 11:45 a.m., the cost is \$40 for a single camp or \$100 for all three. The themed camp titles include *Firebird*, *Swan Lake* and *Wizard of Oz*. Registration deadline is June 1. To register, visit the website above.

June Teen & Adult Series

The *June Teen and Adult Summer Series* is a four-week cycle of classes for beginner through advanced teen and adult students. Commencing June 9 – July 1, dancers will explore tap or ballet. Class times and dates vary depending on what option you select. There will be no class cards, drop-ins, make-ups, or trial classes for this series. The cost is \$60 per series. Registration deadline is June 1. To register, visit the website above.

Brain Injury Association of America

biausa.org

Growing Strong: Helping Your Young Child Recover After Brain Injury

Caring for a young child after a brain injury can feel overwhelming. This webinar will help parents and other caregivers understand what to expect and how to support them during their brain injury journey. Participants will learn how brain injury may affect early developmental milestones, behavior, communication, and what signs to watch for as their child recovers. This session will also provide practical tips for creating a safe and supportive home environment, building routines, and working with healthcare providers and early childhood programs to promote recovery and well-being. Hosted on Thurs.,

June 4 from 3 – 4 p.m. (ET), this seminar is free to attend. Visit the website above and search 'Upcoming BIAA Webinars'. Click on 'Register for Upcoming BIAA Webinars' and select the talk above.

Dee-sign Landscaping & Garden Shop

(402) 392-1444

Using Garden Herbs

Are you ready to learn about options for your garden herbs? Join the next Dee-sign Landscaping creative course, *Using Garden Herbs*, as Melissa from *Essence of Nature* shares her wisdom. For \$50, participants will receive garden herb expertise, live demonstrations where attendees practice the skills they have learned, and herbs to take home. Hosted on Tues., June 9, class will begin at 6 p.m. Registration is required. To register or for more information, give the team a call at the number above.

Fontenelle Forest

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

Fungus Among Us

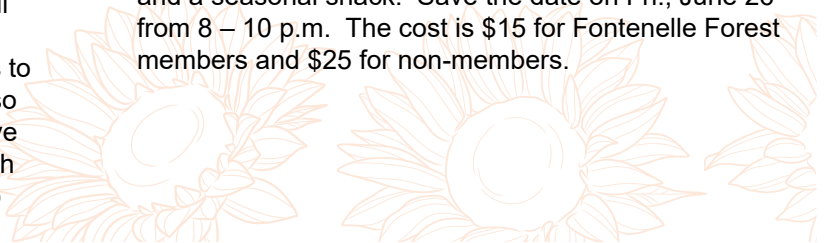
Bring your hiking boots, a water bottle, and a sense of adventure to *Fungus Among Us*, an outdoor activity where participants traverse easy-to-moderate terrain looking for fungus. Occurring only twice a year, Sun., June 14 will be the first date attendees will look for early-season fungi at the Nature Center. This is a program you 'mush' make 'room' for in your schedule. The cost is \$10 for Fontenelle Forest members and \$25 for non-members.

Beetles in the Wetlands

Join the team at Fontenelle Forest for *Beetles in the Wetlands*! If you enjoy rolling logs and seeing what creatures are underneath, this program is for you. Plan for a short night hike on easy terrain as participants search for beetles, millipedes, and other creepy crawlies that come out at night in the Wetlands. Long pants and bug spray are *highly* encouraged. Hosted in the Fontenelle Forest Wetlands on Fri., June 19, the session will run from 8:30 – 10:30 p.m. The cost is \$15 for Fontenelle Forest members and \$25 for non-members.

Strawberry Moon

The *Strawberry Moon* is the traditional name for the full moon in June and the team at the Forest would like to invite you to their *Full Moon Hike*. This program includes an educational discussion of the nocturnal animals around the Forest, brief talk about the lore of full moons, and a seasonal snack. Save the date on Fri., June 26 from 8 – 10 p.m. The cost is \$15 for Fontenelle Forest members and \$25 for non-members.



Hy-Vee Inc.
hy-vee.com/health/dietitians

Dietitian Discovery Call

Connect with a Hy-Vee Registered Dietitian for your complimentary *Dietitian Discovery Call*. During this session, you will learn more about Hy-Vee's nutritional services, personalized menu plans, weight management program, health screenings, and more. Whether you're looking to manage a health condition, improve your diet, or achieve specific wellness goals, they are there to help. To take advantage of your free *Discovery Call*, visit the website above to register.

Kassebaum's MA
(402) 682-5425

Free Week

Kassebaum's Martial Arts offers martial arts classes designed to help students of all ages build confidence, discipline, and focus. The karate for kids and self-defense classes are led by experienced instructors who create a positive, structured environment where students grow on and off the mat. No experience, no problem. With locations in Bellevue, Omaha, Papillion and Elkhorn, select a free week trial for your kids and yourself. Visit nebraska-kma.com/trial-workout to start the journey.

Oasis Massage and Spa
(402) 964-2267

Men's Face Treatment

A man pulls a razor across his face an average of 5,200 times a year, causing dry or irritated skin and ingrown hairs. With Father's Day right around the corner, gift the gentleman in your life the Oasis *Men's Face Treatment*. This men's spa service includes professional skin analysis, deep pore cleansing, a customized Bioelements mask, and ends with a moisturizer and sun protectant application, leaving skin calm and hydrated. The cost is \$100. Give the team a call at the number above to book his experience.

Omaha Integrative Care
omahaic.com

Healing Through the Chakras

This 7-week restorative journey harnesses the transformative power of Yin Yoga. Described as a slow-paced, meditative style of yoga, poses are held for 2 – 6 minutes to support deep release and renewal for the body, mind, and spirit. Over the course of this series, students will explore inner healing and transformation through the chakra system, inviting awareness, balance, and integration. Taught on Mondays from June 1 - July 13, each 90-minute class concludes with guided journaling to support self-authored healing and integration. This series is priced at \$300. Visit the website above to register.

Reiki Restorative Yoga

Step into deep rest and renewal in this 75-minute *Reiki Restorative Yoga* experience. This healing journey combines long-held, fully supported poses with the gentle, balancing energy of Reiki to calm the nervous system and release stored tension. With the body at ease, you'll be guided inward through breath and awareness, creating space for emotional and energetic restoration. Class will be held on Sat., June 20 from 4 – 5:15 p.m. The cost is \$40.

Omaha Pedalers Bicycle Club
opbc.clubexpress.com

BRAN 44

For over 40 years, the *Bicycle Ride Across Nebraska (BRAN)* has delivered unforgettable cycling adventures, blending the thrill of epic rides with the warm embrace of small-town hospitality. Pedal through Nebraska's breathtaking rolling plains and discover a side of the state you've never seen before. Participants can choose from 3-day, 4-day, or 7-day options with packages tailored to fit your needs. The entire tour offers nightly, tent camping space, baggage handling, hot showers, and other amenities. Commencing June 7 through 14, visit the website above to register. For more information, email LeRoy Lazure at llazure@hotmail.com.

Omaha Performing Arts
o-pa.org/performances/

Clue: A Walking Mystery

Someone committed a crime most foul – now it's up to YOU to discover who! Your investigation will begin at the Holland Arts Welcome Center. From there, the clues will lead you through the building and into Tenaska Center if you can piece it all together. This immersive puzzle adventure is recommended for ages 8+. Showcasing on June 4 – 21, entry times vary each day. The cost is \$43 to participate. Visit the website above to purchase your entry and happy hunting!

Global Sounds

Global Sounds is back with its fourth installment of music and culture from all around the world. This free family-friendly event brings together incredible local and international artists, delicious food, community vendors, fireworks and a joyful atmosphere that turns Upland Park into one big dance floor. Hosted on Sat., June 6, the first performance will begin at 4:30 p.m. The lineup is listed below.

MacCarthy Trenching
OMAHA STREET PERCUSSION
Ozone Creations
Hector Anchondo Band
The Sergio Mendes Band

the wallflowers

A band whose sound walked a tightrope between the rootsy and accessible end of alternative rock and the straightforward, arena-friendly sound of acts like Tom Petty and Bruce Springsteen, *the wallflowers* are the brainchild of guitarist, songwriter, and vocalist, Jakob Dylan. Performing their classic hits, *One Headlight*, *6th Avenue Heartache*, and *Three Marlenas*, the band will be in town on Sat., June 20. Hosted at the Steelhouse Omaha, doors open at 7 p.m. Ticket prices start at \$52.30.

Stinson Park 2026 aksarbenvillage.com

Omaha Art Fair

The *Omaha Art Fair (OAF)* is a free, community-centered celebration of creativity in Omaha. Organized by local artists, the festival brings together 160+ artists from across the nation, showcasing a wide range of artistic mediums and styles. Attendees will enjoy live demonstrations, music, a beer garden, and hands-on activities for kids. Mark your calendar for this three-day event starting June 12 – 14. For more information, visit the website above.

Saturdays @ Stinson

Make your Saturday nights the highlight of summer at Stinson Park in Aksarben Village. *Saturdays @ Stinson Concert Series* brings the energy with live music, food and drink vendors, plus more. Visit the website above for more information. The June lineup is listed below.

Whiskey River – June 6

Taxi Driver – June 20

The Personics – June 27

The Bike Way **15115 Industrial Road**

Bicycle Sales & Service

The Bike Way isn't just another bicycle shop in Omaha, their passion for cycling runs deep and it shows with everything they do. From their great selection, comprehensive warranties, professional repair, plus pickup and delivery options, riders can rest assured they are getting the best value money can buy. Stop by the store to shop locally, receive advice on local bike trails, find gear recommendations, or just chat with fellow biking enthusiasts. Happy trails!

UNL Nebraska Extension in Douglas and Sarpy Counties **(402) 444-7804**

Beyond Pollinators: Predatory and Beneficial Bugs

Join Extension Educator Ian Peterson for a free, interactive virtual learning series where participants can learn and ask questions about garden bugs. From pest predators to nutrient cyclers, learn about some of the other

helpers in our gardens and how to support their ongoing presence to best benefit your plants and landscape. Hosted on Wed., June 10, the presentation will begin at 12 p.m. (CT). To register, visit hles.unl.edu/grobigrad.

Food Preservation Classes

Many Nebraskans are excited for this time of year as home food preservation is upon us. Join the next *Food Preservation Series*, a free set of virtual classes designed to help attendees learn, ask questions, and build confidence in canning, freezing, and dehydrating. In the month of June two classes will be offered to community members, *Boiling Water Canning* and *Dehydrating Foods*. *Boiling Water Canning* will air on Wed., June 10 and *Dehydrating Foods* will air on Wed., June 17. Both talks will begin at 12 p.m. (CT). To register, visit go.unl.edu/virtualfoodpreservation.

Hatch Baby Chicks

Families are invited to participate in the *Hatch Baby Chicks* program from June 22 - July 17. This hands-on project teaches youth how life develops by observing the process of hatching baby chicks over a four-week period. Families will pick up their eggs and incubator on June 22 from 8 a.m. - 4 p.m. The cost is \$50 and you do not have to be a 4-H member to participate. To register, visit douglas-sarpy.unl.edu/4-h-youth-development/. Click on '4-H Youth Development', then select '4-H in the Classroom'. As you scroll down the page, select *Summer Embryology*. Deadline to register is June 15.

YMCA of Greater Omaha metroymca.org/events

YMCA Community Classic 2026

Have fun while helping your local YMCA! YMCA of Greater Omaha will host the *YMCA Community Classic*, a golf tournament to fundraiser for the YMCA Strong Communities Campaign, on Mon., June 8. The tournament begins at 8 a.m., with check-in starting at 7 a.m. Entry fees include a golf cart, lunch, post play treat and drink, plus prizes. The cost is \$150 for an individual player or \$600 for a team of four. Visit the website above for more information or to register.

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.

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