



Olson Center Educational Offerings

To register for any of the events below, call the Olson Center at (402) 559-6345 or email OlsonWHRC@unmc.edu.

Fiber – Why We Need Our Short (Chain Fatty Acid) Kings!

Tues., March 10, 2026 | 12 - 1 p.m. (CT) | Online Only

Join us for the 2026 Webinar Series presentation, *Fiber - Why We Need our Short (Chain Fatty Acid) Kings*. Presented by registered dietitian, Amy Volkman, attendees will learn how dietary fiber supports cardiovascular health and aids in digestion. Amy will describe the role of short-chain fatty acids in energy production, gut health and metabolic processes, identify common foods that are rich in fiber, and aid participants in understanding how eating a variety of plant-based foods promotes optimal gut function. This webinar is free to attend. Open to health care providers and community members, one nursing contact hour is available at no cost. To register, please email Valeta Creason-Wahl at vcreason@unmc.edu or call (402) 559-7487.

Menopause and Joint Pain

Tues., March 17, 2026 | 12 – 1 p.m. (CT) | Online Only

Sara Putnam, MD, assistant professor in the UNMC Department of Orthopedic Surgery and Rehabilitation, will discuss common pain scenarios in women during the menopause years. This talk is free to attend and open to all community members. Nursing credit is available for \$15. For more information, email the Olson Center.

Wellness Through Doing: 3-D Printing

Thurs., April 9, 2026 | 12 – 1 p.m. (CT) | Online Only

Would you like to discover how 3D Printing can be a fun, accessible hobby that sparks creativity and practical problem-solving? Join us for the next Wellness Through Doing hobby class session as Jami Monico, instructional designer and instructor, and Tim Krayer, E-Learning multimedia technologist, both of UNMC, introduce participants to common 3D filament types, basic 3D design principles, and ways to choose materials that fit your project goals, from durability to aesthetics. Attendees are given guidance on how to find and use community resources such as libraries, maker spaces and online repositories, to encourage exploration and creating beyond the workshop. This session is free to attend.

Partner Offerings

Alzheimer's Association

(402) 502-4300, 1-800-272-3900

Conversations in Caregiving

The Alzheimer's Association would like to invite you to an evening of caregiving conversations on Thurs., March 5. *Conversations in Caregiving*, hosted at the Omaha Kroc Center, 2825 Y Street, will feature a guided discussion with Diane Hendricks, licensed clinical social worker of Nebraska Medicine and a showing of the film, *Familial Touch*. Local organizations will offer free resources and support for caregivers and individuals impacted by Alzheimer's Disease. There is no cost to attend this event. Scheduled from 4 – 7:30 p.m., please RSVP by emailing Sadie Hinkel at sshinkel@alz.org.

Brain Injury Association of America

biausa.org

Helping Kids Thrive at School after Brain Injury

This caregiver webinar will help parents and other caregivers alike understand how brain injury can affect a child's learning, behavior, and social interactions at school. Attendees will learn practical strategies to support their child's success in the classroom, encourage communication with educators, and promote emotional well-being during the transition back to school. Presented by Brenda Eagan-Johnson, Ed.D., CBIST-AP, this virtual webinar will air on Tues., March 31 from 3 – 4 p.m. (ET). To register for this free presentation, visit the website above 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

Paint A Pot

Join the team at Dee-sign Landscaping for *Paint A Pot* hosted on Tues., March 10. Participants will select a terra cotta pot from a variety of shapes and sizes. Paints and brushes will be provided with guided instruction. All ages are welcome. Class will begin at 6 p.m. and pre-paid registration is required. The cost is \$40. Give Christa a call at the number above to secure your spot.

Dreams MedSpa

(402) 596-4000

Great Hair

Dreams MedSpa would like to offer *Great Hair* for the month of March! Customers can take \$250 off three sessions of the Platelet-Rich Fibrin (PRF) scalp treatments, \$205 off three full-scalp HydraFacial Keravive sessions, or buy any Nutrafol three-month kit and receive a full-size hair serum free. Sale ends Tues., March 31. Offers cannot be combined with other specials or prepaid services on patient accounts. To book your service, call the Dream team at the number above.

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

Spring Break Camp

What better way to spend Spring Break than at the Forest at *Spring Break Camp*! Attendees will have some 'spring-fun' playing games, learning archery, making bonfires, creating spring crafts and more. This 3-day camp is geared for ages 8 – 12. Camper drop-off will be from 8:30 – 9 a.m. and pick-up will be from 3 – 3:30 p.m. Hosted at Camp Wa-Kon-Da on March 18 – 20, the cost is \$170 for Fontenelle Forest members and \$200 for non-members. Pre-registration is required. For more information or to register, email info@fontenelleforest.org.

Nature Junk Journaling

Join Omaha-based creative and mental health advocate Wendy Townley of *Wendy Crafts* for a hands-on *Junk Journal Workshop* on Sun., March 22. This workshop is perfect for both seasoned crafters and beginners alike. Junk Journaling is a unique creative practice where you transform everyday ephemera and mixed media into a beautiful, lasting record of meaningful words and personal expression. All supplies are provided. Attendees are encouraged to bring their own materials to use or even share. Hosted at the Nature Center, class will be from 1:30 – 3:30 p.m. The cost is \$25 for Fontenelle Forest members and \$40 for non-members. Visit the website above to register.

Gloss Salon and Day Spa
(402) 502-1850

Oncology Massages and Facials

Do you know someone who has had or is going through cancer treatment? Gloss Salon and Day Spa offers customized *Oncology Massages and Facials* for \$79 each. A select group of highly trained estheticians and massage therapists service clients who have undergone or are currently receiving cancer treatment. These services were created in partnership with wellness providers certified in medical massage and lymphatic care for cancer patients. Give Krisha a call at the number above to book your experience.

Midwest Dairy
midwestdairy.com

Young Dairy Leaders

Midwest Dairy is a marketing organization for dairy farmers across the Midwest. Building awareness and sales of dairy products, they facilitate partnerships, sponsor events, provide market research, and engage young generations of dairy leaders. Midwest Dairy offers a variety of programs, scholarships and internships throughout a 10-state region. Do you have a high school or college student who aspires to be a dairy leader and become part of Dairy's Tomorrow? Visit the website above to view young dairy leader opportunities for your next generation *Young Dairy Leader*.

Omaha Farmers Market
omahafarmersmarket.com

2026 Vendor Applications

Vendor applications are being accepted for the 2026 Omaha Farmers Market! Weekly vendors are rotated in every week depending on availability, and season vendors can be found at the market all season long. Season vendor applications are due on Mon., March 2. Weekly vendor applications will be accepted all season. Insurance and health department permits can be submitted after acceptance. For more information or to apply, visit the website above.

Omaha Integrative Care
omahaic.com/yoga-teacher-training-course

Energy of Yoga

The *Energy of Yoga* weekend training is an experiential immersion into the subtle forces that shape our movement, breath, mind, and overall well-being. Rooted in classical yogic philosophy and made practical for modern practice, this training invites you to explore how energy flows through the body and how we can skillfully work with it on and off the mat. Ideal for yoga teachers, dedicated students, and wellness professionals, classes will be on Sat., March 7 and Sun., March 8 from 9 a.m. - 4 p.m. The cost is \$349. To register, email wellness director Stephanie Watson at s.watson@omahaic.com.

Omaha Performing Arts
o-pa.org/performances

& Juliet

Broadway's most fun hit musical, *& Juliet*, flips the script on the greatest love story ever told, imagining what would happen next if Juliet hadn't ended it all over Romeo, and got a second chance at life and love – on her own terms. Showcasing at the Orpheum Theater March 3 - 8, showtimes vary. Ticket prices are \$43 - \$133.

The Ten Tenors

The vocal wonder from Down Under, *The Ten Tenors*, are bringing their electrifying 30th anniversary world tour back to North America! This special anniversary show features a powerful mix of classical, Neapolitan classics and classic rock anthems – all delivered with their trademark Aussie charm and vocal brilliance. Sponsored by University of Nebraska Medical Center, the performance will take place at the Orpheum Theater on Sat., March 14. Showtime begins at 7:30 p.m. and ticket prices are \$36 - \$101.

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.

Conversations for Change

Inclusive Communities welcomes Gaby Natale as the featured guest for the 4th annual Jane H. & Rabbi Sidney Brooks: *Conversations for Change*. Natale will explore what it means to be a pioneer and embrace individuality in an ever-changing world. This free, public conversation honors the legacy of Jane H. and Rabbi Sidney H. Brooks through courageous dialogue and community connection. Hosted at the Holland Performing Arts Center on Tues., March 17, the event will begin at 10:30 a.m. RSVP is required.

GenX Takeover Comedy Tour

Born from the creative spark of four passionate Generation X creators, *GenX Takeover* celebrates their generation's pride and good times through hilarious standup and live tours all across the U.S. The vibrant voices in *GenX Takeover* include The Real Slim Sherri, Jon Wellington, Nick Harrison and Kelly Manno, your best friend in your head. Performing at the Holland Performing Arts Center on Sun., March 29, showtime begins at 7:30 p.m. Ticket prices are \$59.50 - \$104.50.

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

Plant Talk: Herbicide Injury to Trees

PlantNebraska would like to offer a free Plant Talk on the topic of *Herbicide Injury to Trees*. Hosted virtually on Thurs., March 5 at 12 p.m. (CT), participants will tune in to learn more about herbicide injury to trees and non-target landscape plants including symptomology, the extent of the impact and how best to reduce potential harms. This talk is free to attend. Registration is required, visit plantnebraska.org/plant-talks to register.

Pollinator Planting Classes

Join the Nebraska Extension as they share how planting pollinators can beautify your yard and support wildlife. Whether you're a seasoned gardener or just starting out, you'll leave inspired with practical tips to bring this eco-friendly gardening practice to your home. Hosted at local Omaha Public Library locations, RSVP by contacting the branch you would like to attend.

Thurs., March 5, 6 – 7:30 p.m.
Millard Branch
RSVP (402) 444-4848

Wed., March 11, 6 – 7:30 p.m.
Milton R. Abrahams Branch
RSVP (402) 444-6284

Mon., March 16, 6 – 7:30 p.m.
Benson Branch
RSVP (402) 444-4846

Mon., March 23, 6 – 7:30 p.m.
Downtown Branch
RSVP (402) 444-4828

Thurs., March 26, 5:30 – 7:30 p.m.
Bess Johnson Elkhorn Branch
RSVP (402) 289-4367

The Road to Ripe: Growing Great Tomatoes

Discover how to take your tomatoes from seed to plate with confidence. Join Nebraska Extension expert, Dana Freeman, for a free, interactive virtual session covering all you can learn about growing tomatoes. Explore proven tips for variety selection, planting strategies and pest management for Nebraska gardens. Hosted on Wed., March 11, this session will begin at 12 p.m. (CT). To register, visit hles.unl.edu/grobigred.

UNMC Center for Healthy Living go.unmc.edu/lift

Lifting for Longevity

Build strength, confidence and independence! As we age, muscle naturally declines, but lifting weights is one of the most effective ways to slow, stop and even reverse loss. Strength training keeps your bones strong, improves balance, reduces joint pain, boosts energy and helps you stay steady on your feet. It's never too late to build strength, and the benefits go far beyond the gym. March 9 – April 1, the Center for Healthy Living will host *Lifting for Longevity* seminars for community members. Hosted on Mondays and Wednesday from 4 – 5 p.m., these sessions are free to attend. Visit the website above to secure your spot.

Twin Rivers YMCA (402) 359-9622

YMCA Days of Giving

Cycle, Cycle, Cycle! The Twin Rivers YMCA team will not stop cycling on Tues., March 3 until they have raised \$5,500 for the Strong Communities Campaign. Donations to the Strong Communities Campaign will increase access to youth sports, swim lessons, YMCA memberships, and community-based health programs for community members with financial limitations. To make a pledge, visit bit.ly/twinrivers-give26.



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.