



OWE Partner Premier

Thank you, Olson Wellness Exchange members, for your faithful participation in our wellness program. We are always pleased to provide you with our local area events, health fairs, specials and sales, geared toward optimum health. We would like to premier a new company that has joined our prestige community of 1400+ members. We are always thankful for both our Omaha companies and the community members we serve. Our goal is to improve health and wellness in our members and encourage network connections for all.

Omni Nutrition & Wellness Center

8715 Oak St
(402) 333-0898

The Omni Nutrition & Wellness Center is a mental health clinic that offers individual and group therapy, nutrition counseling and medical evaluation/medication management services. We treat a wide range of mental health and nutritional needs. Our goal is to improve overall wellbeing through the provision of integrative mental health, nutrition and physical wellness services. Treating both adolescents and adults, most insurances are accepted. To register for any of the events below, email Katie Jones at katie.jones@omniic.com or call the number above.

Anxiety Coping & Support Group

In this group, we take a deep dive into the relationships between thoughts, emotions and actions, and learn how to navigate and transform anxious thoughts to create a greater clarity and joy in our daily lives. Hosted in person on May 2, 9 or 16, the session is from 4 – 5 p.m. The cost is \$40 per week.

Eating Disorder / Recovery Group

This group provides individuals a safe and supportive space to connect with others experiencing or seeking recovery from their eating disorder. Learn new coping skills and strategies, manage eating disorder behaviors and explore thoughts and beliefs that support recovery. Offered in person on May 6 and 13 from 4 – 5 p.m. or May 7, 14, 21, from 6 – 7 p.m. The cost is \$40 per week.

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.

Educational Offerings

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

Women's Health Week

The Olson Center will be celebrating *Women's Health Week* again this year with the online educational offerings listed below. Registration information is provided for each event.

Tues., May 14, 12 – 1 p.m. (CDT) - *Exploring the Topic of Food Insecurity in Nebraska*

Natalia Santos, MPH, UNMC College of Public Health, will define, identify and examine underlying causes and contributing factors to food insecurity in Nebraska. Target audience includes health care providers, nurses and community members. 1.0 ANCC contact hour will be provided at no charge. To register, email Courtney Smith at courtneyl.smith@unmc.edu.

Thurs., May 16, 12 – 1 p.m. (CDT) – *Women & Stroke*

Marco Gonzalez Castellon, MD, neurologist with the UNMC Department of Neurologic Sciences, will explain the risk factors for stroke and how women are affected differently. Dr. Gonzalez will outline the importance of recognizing the symptoms of a stroke and the value of prompt action. To register, email OlsonWHRC@unmc.edu or call (402) 559-6345.

May Olson Center Brown Bag: *Understanding the Menstrual Cycle*

Do you know when your last menstrual period began? Keeping track of your menstrual cycles can help you understand what's typical for you. On Tues., May 21 from 12 – 1 p.m. (CDT), Heather Ramsey, DNP, APRN-CNM, certified nurse midwife with the UNMC Department of OB/GYN, will describe the phases of the menstrual cycle, how to track your periods and when to be concerned if irregularities occur. This lecture is offered online at no cost for community members. 1.0 ANCC contact hour is available for \$15. To register, email OlsonWHRC@unmc.edu or call (402) 559-6345.

Partner Offers

Alzheimer's Association (402) 502-4300 | (800) 272-3900

Healthy Living for Your Brain & Body

For centuries, we've known that the health of the brain and the body are connected. Join us for education on May 1 to learn more about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, plus use hands-on tools to help incorporate these recommendations into a plan for healthy aging. Hosted at the Sump Memorial Library, 222 N Jefferson Street, Papillion, the program will begin at 6 p.m. To register, email Sadie Hinkel at sshinkel@alz.org.

Alzheimer's Association Continued

Navigating a Dementia Diagnosis

Offered either in-person or virtually, sign up for *Navigating a Dementia Diagnosis*, presented on Fri., May 17 from 11:30 a.m. – 1:30 p.m. We will explore the nature of changing relationships when dealing with Alzheimer's Disease and other dementias, legal planning procedures and communication strategies. In-person attendees will receive lunch at no cost. To register, give Sadie Hinkel a call at (402) 739-8637.

American Red Cross of Nebraska & Southwest Iowa (402) 343-7700

Get Trained. Act in Confidence

More than 4.6 million people turn to us, the trusted training provider for First Aid, CPR, BLS and more, every year to gain lifesaving skills. We deliver unmatched life-saving training that will provide you with the confidence and skills to act when moments matter. Learn in the classroom, online and classroom (hybrid) or virtually, and experience our world-class instruction giving you the certainty to perform life-saving procedures when it's needed the most. Visit redcross.org/take-a-class to find a course that's right for you.

American Midwest Ballet (712) 890-5591

Cinderella

Appealing on many levels, American Midwest Ballet's rendition of *Cinderella*, at heart, is an inspiring story of an under-appreciated young woman who discovers that her own natural kindness and inner beauty have rewarded her with the power to change her destiny. There's charm, humor and - of course - a little magic! Showcasing at the Orpheum Theater on Sat., May 11 and Sun., May 12, ticket prices are \$27 - \$87.

Creative Wellness amymccae@gmail.com

5 Steps to Peace of Mind & Self-Empowerment

Ready to reclaim your power? Stress and anxiety have reached record highs wreaking havoc in health, relationships and business. In this course you will discover five practices, each with action-based tools and strategies to help gain the clarity, confidence and peace of mind you seek. Hosted on Wed., May 22 at the MCC Sarpy Center from 6 – 7:30 p.m., the cost is \$35 per person. To register, email Amy.

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

Summer Planter Class

Create beautiful summer planters for your porch or patio at the next Dee-sign Landscaping planter event on Tues., May 28. For \$35 you'll receive a planter, potting soil, fertilizer and a beautiful selection of annual flowers and tropical plants. Receive professional design and planting advice along with assistance selecting the

perfect plants to thrive in your growing conditions. Class starts at 6 p.m. and reservations are required. Give Anna a call to reserve your spot!

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

Family Wild Days

Join us on Sat., May 4 from 10 a.m. – 1 p.m., for the brand new *Family Wild Days* hosted at the beautiful, newly renovated Camp Brewster Lodge! Our educators are excited to facilitate some family-friendly competitions and crafts, hike one of the private trails of Camp Brewster and finish with a scavenger hunt for a take-home prize! Before you go, enjoy a campfire-style lunch with hot dogs and s'mores. This program is \$20 for Fontenelle Forest members and \$28 for non-members.

Community Science Days

Fontenelle Forest welcomes you to enjoy the *Community Science Days* of May with either their Birding Bonanza or the Firefly Tracking. Celebrate Migratory Bird Month at the Birding Bonanza on Sat., May 11 and learn how to identify common and migratory birds by sight and sound. Bring your binoculars. In addition, come enjoy dusk at the Forest as participants learn about fireflies on Sat., May 18. Whether you call them fireflies or lightning bugs, be a part of the fascination that has created the Firefly Watch. Each event is \$15 for Fontenelle Forest members or \$20 for non-members.

Backyard Habitats

Do you look at your backyard or nearby greenspace and wonder if it could serve a higher purpose? Join Fontenelle Forest Biologist, Kayla Johnson, at Fontenelle Forest's *Backyard Habitat* series for inspiration, guidance and practical tips to help you create a vibrant and thriving native plant garden. Hosted at Camp Wa-Kon-Da on Sun., May 19 from 12 – 1 p.m., the cost is \$15 for Fontenelle Forest members or \$20 for non-members.

Hy-Vee Inc. Hy-vee.com/healthnew/dietitians

Free Anemia Screenings

Hy-Vee dietitians are offering 1,000 free anemia screenings for the month of May! Anemia is a common condition, with the most common being iron deficiency. Iron is an essential micronutrient in the body, performing several key functions including the production of hemoglobin. At your appointment, a Hy-Vee dietitian will perform a finger stick to collect a blood sample to test your hemoglobin, determine your risk for anemia and provide same day results. Appointments are available on a first-come, first served basis. Thank you to our generous sponsor, Sanguina. To book your appointment, visit your local Hy-Vee dietitian.

Kassebaum's Martial Arts
(402) 682-5425

Blunt Object Defense Seminar

Learn to defend yourself against overhead swings, side swings, backside and baseball bat swings at the *Blunt Object Defense Seminar* on Sat., May 4 from 11 a.m. – 12:30 p.m. Open to everyone ages 14 and older, the cost is \$25 per person. This course will take place at Kassebaum's. To register give Mike a call at the number above.

Omaha Integrative Care
(402) 934-1617

Pose Alignment Principles

In this weekend workshop, we will review the most common and fundamental poses in Hatha Yoga through alignment, props, variations and cues. From there, we will explore considerations regarding sequencing, appropriate poses for beginners, variations/modifications, alignment considerations and more. Scheduled from 10 a.m. – 4 p.m. both Sat., May 4 and Sun., May 5, registration cost is \$325.

Integrative Primary Care – Open House

Integrative Medicine is an approach to care that puts the client at the center and addresses the full range of physical, mental, emotional, social, spiritual and environmental influences that affect a person's health. Get to know our team and learn about all our health and wellness services at the next open house on Wed., May 15 from 3 – 5:15 p.m. Enjoy light snacks and refreshments while sampling some of our wellness services. No registration necessary.

The Healing Power of Sound & Mantra

In this workshop, we explore the healing power of Mantra and Vibrational Sound Healing with Jenn Amba Ethridge. Using the Himalayan Mountains to explore two forms of Vibrational Sound Healing practiced for more than 1500 years, the workshop is scheduled from 10 a.m. – 4 p.m. both Sat., May 18 and Sun., May 19. Registration cost is \$299.

Omaha Performing Arts
Ticketomaha.com | (402) 345-0606

Romantic Broadway

Experience the treasured and romantic Broadway tunes you love with your Omaha Symphony and a cast of dazzling vocalists. Be swept away with old school love stories and classic favorites as Maestro Ernest Richardson conducts. For the respect and consideration of all Omaha Symphony patrons, children under five years of age are prohibited from attending these performances. Two show dates available, Sat., May 11 and Sun., May 12, ticket prices are \$20 - \$93.

Wheel of Fortune LIVE!

America's favorite game show is coming to your hometown! Contestants are randomly selected from the audience to join our host onstage for a chance to spin a replica of the iconic wheel, solve puzzles and WIN incredible prizes! Must be 18 or older to participate. Showcasing at the Orpheum Theater on Sun., May 19. Ticket prices are \$35.50 - \$275.00.

Hello, Dolly!

Hello, Dolly! is classic musical theatre at its finest, bursting with showmanship, glamour, romance, dance and humor. Whether you're new to *Dolly!* or you've seen her 100 times, this colossal production is bound to be historic. Performing May 30 – June 30 at the Hawks Mainstage Theatre, ticket prices are \$25 - \$50.

The Barre Code Omaha – Dundee
(402) 884-1667

Unlimited for \$39

The studio is calling your name. Join us at our new location at 4626 Dodge Street. Our efficient and effective workout combines strength, cardio, and mindfulness. When you work out with us, you'll move through low-impact isometric moves, large range cardio bursts and mind-centering breath work. No experience required! Take advantage of two weeks of unlimited classes and barre3 online for \$39. Give Kacie or Kali a call to get started.

UNMC Engage Wellness
(402) 552-7210

The Science of Meditation for Healing the Mind and Body

On Fri., May 3 from 11 a.m. – 12 p.m., enjoy a discussion that focuses on how to integrate mindfulness and meditation into your daily life. Sarah Fischer, PhD, Assistant Professor of Psychiatry, shares how meditation is a powerful tool for healing the body and mind – accessible to you at any time, any place. Hosted in the Group Movement Room within the Engage Wellness location on the UNMC campus, call to reserve your spot! Free to attend.

Communication Strategies for Alzheimer's Disease

Free for the community, join Engage Wellness on Fri., May 10 from 11 a.m. – 12 p.m. as our guest presenter from the Alzheimer's Association Nebraska Chapter provides effective strategies to connect and communicate with loved ones at each stage of the Alzheimer's Disease, and how to decode and respond to verbal and behavioral messages. No registration required.

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