



## Educational Offerings

### Huntington's Disease: Current Approaches and Future Directions

Tues., Aug. 13, 12 – 1 p.m. (CDT)

Dr. Amy Hellman, an Associate Professor in the UNMC Department of Neurological Sciences, will present *Huntington's Disease: Current Approaches and Future Directions*. This online webinar will identify common symptoms of Huntington's Disease, list pharmacologic treatments for symptoms and recognize non-pharmacologic management of symptoms. Target audience includes nurses, interested health care providers and community members. 1.0 ANCC contact hour will be provided at no charge. To register, email Courtney Smith at [courtneyl.smith@unmc.edu](mailto:courtneyl.smith@unmc.edu).



### 27th Annual Omaha Women's Health and Wellness Conference

Embrace a Healthy You  
Fri., Oct. 25, 2024

8 a.m. – 4:30 p.m.

Scott Conference Center  
6450 Pine Street

Call (402) 559-6345 for more information

## Partner Offerings

### Barre3 – Dundee

<https://thebarrecode.com/studio/dundee/>

#### Outdoor Barre

No experience required – our workout is designed for every fitness level, from beginner to expert. Attend our FREE *Outdoor Barre* on Sat., Aug. 3 at 10 a.m. Presented at the 8th Street Green on The RiverFront (across from the dog park), no registration required. Make sure you come with your mat, workout gear, water bottle and sunscreen. For more information, give Kacie or Kali a call at (402) 884-1667.

### DC Centre

(402) 393-7431

#### Summer Tasting

The *DC Summer Tasting* event is an hour and a half of live music, delicious catering, complimentary beverages and more! Experience our fully decorated suites and all that the DC Centre has to offer! Hosted on Wed., Aug. 21 from 5:30 – 7 p.m., the cost is \$20 per couple or \$15 for a single ticket. For more information or to register, give Armana a call at the number above.

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

#### Wine & Wreaths

August's creative outlet – *Wine & Wreaths!* Create your Fall Wreath with the Dee-sign Landscaping team while enjoying wine in both alcoholic and non-alcoholic options. Beverages, fall flowers, fall décor, a burlap or grapevine are all included for \$35 per person. Mark your calendar for Tues., Aug. 27, class will begin at 6 p.m. Reservation, with payment, needs to be made in advance by either calling the number above or by buying a ticket on the Dee-sign Landscaping Facebook events page.

### Dreams MedSpa (402) 596-4000

#### August Specials

- Turn back the clock on aging with our Anti-Aging Facial. Red Light therapy is included with this service, priced at \$120. Save \$20 when you combine a Dermaplane treatment. Combined services priced at \$185.
- Control acne with our Acne Clearing Facial, priced at \$120. Blue Light therapy is included in this service.
- Save 15% on the ZO Anti-Aging program and ZO Complexion Clearing program when you schedule an appointment in August.

### Fontenelle Forest

[FontenelleForest.org/calendar](https://FontenelleForest.org/calendar) | (402) 731-3140

#### Yoga at the Forest

*Yoga at the Forest* continues! Each Sunday in August from 9 – 10 a.m., join experienced instructors as they guide the class through breath exercises, physical postures and meditation that improves overall health. All ability levels welcome. Yoga mats are not provided. The cost is \$5 for Fontenelle Forest members or \$25 for non-members. Register online or call the number above.

#### Pathways Through Nature: Backyard Bugs

Journey into a deeper appreciation of nature with Fontenelle Forest's new series, *Pathways Through Nature!* Bring your partner or some friends and embrace your inner naturalist as you explore our *Backyard Bugs*. Creeping, crawling, fluttering, flying insects come in all shapes and sizes. Learn about some of the bugs that you can potentially find in your own backyard and create an insect themed art piece to take home. Join us on Thurs., Aug. 8 from 6:30 – 8 p.m. This event is \$10 for Fontenelle Forest members and \$18 for non-members. Register online 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 Candyeo Dunlap at [cdunlap@unmc.edu](mailto: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.

### **Introducing Birding**

Are you someone who wants to develop your birding interest into an active recreational hobby? Then sign up for *Introduction to Birding*, hosted on Sun., Aug. 11 from 8:30 – 10:30 a.m. This program includes a brief talk covering top birding sites, tips on finding small, fast-moving birds with binoculars and a visual primer on species we are most likely to see in a given season. Please bring your own binoculars. Loaner binoculars are available on a first come, first served basis. This event is \$10 for Fontenelle Forest members or \$18 for non-members. Register online or call the number above.

### **Hy-Vee Inc.**

[Hy-Vee.com/healthnew/dietitians](https://www.hy-vee.com/healthnew/dietitians)

### **Freezer-Friendly Workshop**

Join our *Freezer Meal Workshops* as Hy-Vee Dietitians help you save money as well as guide you in preparing healthy, delicious meals, ahead of time. Register to receive a pre-recorded class, step-by-step guide, recipes, shopping list and an aisles online shoppable link. August menu includes *Tater Tot Hot Dish – Southwestern Style*, *Sheet Pan Shrimp Fajitas*, *Grilled Lemon Garlic Chicken and Slow Cooker Pulled Pork*. Visit the website above to register.

### **Hy-Vee Healthy You**

The *Hy-Vee Healthy You* subscription service provides access to a Hy-Vee Dietitian for personalized nutrition advice and coaching, two free health screenings and On-Demand Freezer Workshops. Other incentives include nutrition store tours, all-access to fitness videos and other online wellness resources. Priced at \$99 per month, visit the website above to register.

### **Omaha Integrative Care**

[omahaic.com](https://www.omahaic.com)

### **Restorative Yoga Certification**

Please join us for a weekend immersed in the study and teaching of *Restorative Yoga*. This style of yoga helps to balance a modern life as well as assists in inducing deep rest, restoration, vitality and a sense of being-ness. The session will be held on Sat., Aug. 24 and Sun., Aug. 25 from 10 a.m. – 5 p.m. Registration is required, the cost is \$325. For more information, visit the website above.

### **Omaha Pedalers Bicycle Club**

[opbc.clubexpress.com](https://www.opbc.clubexpress.com)

### **Omaha Historical Tour**

Lead by City Planner, Marty Shukert, join the Omaha Pedaler's Bicycle Club for a historic ride around Omaha on Sun., Aug. 4. Meeting at Starbucks on 15th and Douglas Streets beginning at 8 a.m., the ride will be about three hours with appropriate stops to view and discuss interesting Omaha history and architecture. About

twenty miles in length, the group will return to Starbucks afterwards for food and drinks. Registration is not required. For more information visit the website above.

### **Omaha Performing Arts**

[ticketomaha.com](https://www.ticketomaha.com) | (402) 345-0606

### **In The Market for Blues**

*In The Market For Blues* is Omaha's Blues Fest, an all-day music festival featuring 12+ hours of music produced by more than 35 acts at over ten venues in the Old Market, Capitol District and Downtown Omaha area. With the slogan, '*Blues is my Business...And Business is Good*', enjoy the non-stop entertainment on Sat., Aug. 3 kicking off at 11:30 a.m. Ticket prices vary from \$25 - \$85. Purchases can be made at [omahasblues-fest24.eventbrite.com](https://www.omahasblues-fest24.eventbrite.com).

### **Jazz On The Green**

Last month of the FREE concerts in Turner Park at Midtown Crossing! Restaurants in the Midtown Crossing neighborhood offer ice-cold beverages and delicious bites for dine-in or take-out. Lawn opens at 5 p.m. August line up listed below.

LP and the Vinyl	August 1
Endea Owens & the Cookout	August 8
Big Wade & Black Swan Theory	August 15

### **America: Ride On Tour 2024**

The iconic multi-platinum selling group *America* will celebrate their 54th Anniversary with the '*Ride On Tour 2024*' – which includes a stop in Omaha! Known for their timeless magic and powerful performances, the Grammy Award-winning perennial classic-rock favorite will draw on their deep catalog of hits. Performing at the Orpheum Theater on Fri., Aug. 16 at 7 p.m., ticket prices are \$59.75 - \$99.75. Visit the website above to purchase your seat!

### **Nebraska Extension in Douglas-Sarpy Counties**

[hles.unl.edu/grobigred](https://hles.unl.edu/grobigred)

### **Fall Garden Maximization**

Listen in as presenters, David Lott and Ian Peterson, show attendees how to extend the growing season by learning to plan for and grow fall crops. This session will identify vegetables that love the cooler weather, learn to utilize structures such as a floating row cover and cold frames, with the goal of growing a number of crops – even in winter! Delivered via Zoom on Wed., Aug. 14 from noon – 1 p.m. (CDT), to register visit the website above.