



---

## Partner Offers

---

### Barre3 – Dundee

[barre3.com/studio-locations/omaha-dundee](http://barre3.com/studio-locations/omaha-dundee)

#### One Class Free

If it's pursuing balance, being mindful, finding motivation, or feeling empowerment, our revolutionary approach to movement combines strength, cardio and mindfulness in a variety of efficient and effective workouts. Barre3 instructors will challenge you to find your edge while creating space for you to define what success looks like for you, in every workout. Take advantage of our free course and come experience what sets us up to be the best.

### Dee-sign Landscaping & Garden Shop

(402) 392-1444

#### Herb Cocktails

Are you interested in creating herb cocktails from vegetation that is grown in your garden or on your windowsill? Join the team at Dee-sign Landscaping on Tues., July 30 as they provide samples of cocktails and instructions on how to make these extraordinary concoctions. Class will begin at 6:30 p.m. and the cost is \$20. Participants can prepay via Facebook on the Dee-sign Landscaping page or call the number above.

### Dreams MedSpa

(402) 596-4000

#### July Specials

- Add a lip or eye perk to your HydraFacial appointment in July and save \$15. The HydraFacial perk also include 30 days' worth of take-home product to extend treatment results.
- Save 20% on all sunscreens
- Purchase a CE Ferulic serum and receive a free full-size Physical Fusion Sunscreen.

### Fontenelle Forest

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

#### Free Admission – Active Military Families

Active-duty military and up to five family members can enjoy free daily admission to Fontenelle Forest as part of the 2024 Blue Star Museums program. Running through September 2, 2024, check-in at Visitor Services with a valid military ID during normal business hours. For a list of available events, visit the Fontenelle Forest website at the address above.

#### Let's Explore Pond Life

Join our naturalist guide and volunteer biologist for an easy to moderate hike down to Child's Hollow Pond. Students will learn the basics of pond dip-netting,

a technique used to capture aquatic macroinvertebrates, as guides teach the identifying characteristics of the different macroinvertebrates they will catch. Hosted on Sun., July 14 from 9:30 – 11 a.m., this program is geared for participants 12 and older. The cost is \$10 for Fontenelle Forest members and \$18 for non-members. To register, call the number above.

### National Moth Week

Celebrate National Moth Week with a night of community science! With over 1,300 species of moths in Nebraska, how much do you really know about them and their role in nature? In this program, learn about the importance of moths in our ecosystem, set up moth survey sites and collect data for the National Moth Week database. Scheduled on Sat., July 20 from 8 – 10 p.m., this program is geared toward adults and families with science-minded children. The cost is \$15 for Fontenelle Forest members and \$20 for non-members. To register, call the number above.

### Hy-Vee Inc.

[Hy-vee.com/healthnew/dietitians](http://Hy-vee.com/healthnew/dietitians)

### Around the World! Cook & Crafts Camp

This summer, take a trip around the world with your Hy-Vee Dietitians! Each day of camp we will make a recipe and craft inspired by a different continent – right from your own kitchen! This virtual camp is intended for children 5 – 12 years of age and adult supervision is required. The cost is \$20. Camp will be held July 15 – 18 from 2 – 2:45 p.m. To register, email Katie Schaeffer at [kschaeffer@hy-vee.com](mailto:kschaeffer@hy-vee.com).

### Jazzercise

(402) 680-6136

#### 2 Weeks for \$59

Ready to step into your power and feel both flexible and strong? At Jazzercise, you can energize your routine with the perfect pairing of dance and fitness every day of the week! Whether you experience our workouts in class, at home or out on the town, you're going to LOVE their total-body health perks. For the month of July, enjoy two full weeks for \$59. For more details or to register, give Terri a call at the number above.

### Kassebaum's Martial Arts

[Nebraskakma.com](http://Nebraskakma.com)

#### Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu is a self-defense marital art and combat sport based on grappling, ground fighting and submission holds. Offered Mondays and Wednesdays from July 8 - 17, the cost is \$29 per person, per session. Class begins at 6 p.m. For more information or to register, visit the website 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](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.

**Oasis Massage & Spa**  
[Oasismassageandspa.com](http://Oasismassageandspa.com)

**Relax, Refresh, Revitalize**

Melt away stress, soothe your senses and give your beauty a little boost with one of our relaxing and revitalizing services. If you'd like to escape for a few hours, step into Oasis and leave the world behind. Offering optimal services in massage, facials, body treatments, waxing and nails, we have everything you need under one roof. Visit the website above to book your visit.

**Omaha Integrative Care**  
[www.omahaic.com](http://www.omahaic.com)

**Embodied Birthing**

Learn mindfulness and yoga for pregnancy, labor, childbirth and beyond in our six-week course, *Embodied Birthing*. Each session will combine mindfulness practices, prenatal yoga, and neuroscience research to prepare expectant parents for the transformational experience of childbirth. Hosted on Sundays from 10:30 a.m. – noon, July 14 – August 18, the cost is \$200. Email Stephanie at [s.watson@omahaic.com](mailto:s.watson@omahaic.com) to register.

**Omaha Performing Arts**  
[Ticketomaha.com](http://Ticketomaha.com) | (402) 345-0606

**Jazz On The Green**

The beloved Omaha tradition is back for another summer of FREE concerts in Turner Park at Midtown Crossing! Jazz on the Green will begin Thurs., July 11 and every subsequent Thursday through August 8. Bring your friends, family, leased pets and lawn chairs to soak in the perfect combination of live music and summer evenings. The July lineup is listed below. Lawn opens at 5 p.m.

- USAF Heartland of America Band 'Raptor' & Hector Anchondo Band – July 11
- Brass Queens – July 18
- SRT featuring Andrew Synowiec, John 'J.R.' Robinson, Mitch Towne – July 25

**Hip Hop Lab Summer Camp**

Get ready for the *Hip Hop Lab Summer Camp*! Students in grades 6 – 12 will explore the elements of Hip Hop, its history, and culture influence, with local artists and industry professionals during this three-day camp at the Holland Center. Hosted on Tues., July 23 - Thurs., July 25 from 9 a.m. – 5 p.m., the cost is \$175 - \$350.

**Omni Inventive Care – Nutrition & Wellness Center**  
(402) 333-0898

**Diabetes Management & Support Workshop**

Geared for people who are prediabetic or who live with Type 2 Diabetes, this course was created to provide strategies and the tools needed to better manage blood sugars using a holistic approach. By the end of the workshop you will be

able to identify risky foods, effectively plan weekly meals and gain support to fit your diabetic needs. Hosted on July 8, 15, 22 and 29, from 5:30 – 6:30 p.m., the cost is \$20.

**The Tea Smith**  
(402) 330-7070

**Tea Cocktails**

Just in time for your 4th of July BBQ! Come learn some of the ways to incorporate tea into your cocktails and mocktails, creating fun social beverages for your upcoming summer events. This event is for ages 21+ and registration is required. Hosted at the Lauritzen Gardens, 100 Bancroft Street, the cost is \$25. Mark your calendar for Mon., July 1 from 6 – 7:30 p.m. For more information or to register, give Rebecca a call at the number above.

**Nebraska Extension in Douglas-Sarpy Counties**  
(402) 444-7872

**GROBigRed**

Mid-summer is the time diseases start to make their appearance in the vegetable garden, and if untreated, can have a significant impact on garden production. Attend our *GROBigRed* virtual learning seminar on Wed., July 10 from noon – 1 p.m., and learn how to use an integrated approach – incorporating mechanical, cultural and chemical strategies – for control of diseases in your garden. This program is free to attend, registration is required.

**Sarpy County Fair**

Enjoy sweet, summer memories at the 87th Annual Sarpy County Fair, July 31 – August 4. Activities include Demolition Derby, Extreme Bull Riding, Truck and Tractor Pull, Night of Music, Grand Parade and Carnival, Mutton Bustin', the Sarpy County Premium Auction and more. Ticket prices for each event vary from \$12 - \$30. For more information or to purchase your tickets, visit [sarpyfair.com](http://sarpyfair.com).

**UNMC Engage Wellness**  
(402) 552-7210

**Free Day Friday**

Bring a friend and visit us on Fri., July 5 to try Engage Wellness for FREE! Use the state-of-the-art equipment, meet our gracious staff, join a group movement class and more. Engage Wellness is located on the UNMC Campus, 730 South 38th Avenue.

**A Caregiver's Guide to Managing Finances**

Join us for a community presentation, *A Caregiver's Guide to Managing Finances*, on Fri., July 26 from 11 a.m. – 12 p.m. Learn about the costs of caregiving, the benefits of early planning, how to avoid financial abuse and fraud, assess legal needs and more. Presented by the Alzheimer's Association Nebraska Chapter, call today to reserve your spot.