

# **NYM Community Education Activities/Offerings Schedule**

## **Beginning February 9<sup>th</sup>, 2026**

**We would like to extend our highest gratitude to the New York Mills VFW Post #3289 for their tremendous support of our school activities!!**

The times and dates listed here are always subject to change according to the weather, illness and other unforeseen circumstances. For complete information about Community Education offerings and NYM School District activities, check the ISD #553 website @ [www.nymills.k12.mn.us](http://www.nymills.k12.mn.us), the school Facebook page, the bulletin board by the District Office, or call the school at (218) 385-4203/(218) 385-4201. Unless otherwise noted, call (218) 385-4203 for more information or to register for offerings. NYM Community Education is always looking for individuals to propose and teach/facilitate classes. If you have an expertise or interest in a topic that you could share with others, please contact us!

### **NYM COMMUNITY EDUCATION ACTIVITIES SCHEDULE**

Please check the school website [www.nymills.k12.mn.us](http://www.nymills.k12.mn.us) or Facebook page for updates regarding activities or meetings that are scheduled.

#### **Monday, February 9<sup>th</sup>**

7/8 GBB (H) with Verndale @ 4:30 pm  
JV/V GBB (A) at Park Rapids @ 4:30 pm  
Bandwagon Florida Trip Parent Meeting in Aud. @ 5:30 pm  
Elem. BBB Practice in HS/SC Gyms @ 6:00 pm  
JV/V BBB (A) at Park Rapids @ 6:00 pm  
Bandwagon Meeting in Room #108 @ 6:30 pm

#### **Tuesday, February 10<sup>th</sup>**

7/8 GBB (A) at Henning @ 4:00 pm  
C/JV/V BBB (H) with Henning @ 4:00 pm  
'Just for Kix' Dance Practice in Aud. Foyer @ 4:30 pm  
ECFE Dad Night in Room #42/41 @ 5:30 pm  
V GBB (H) with Henning @ 6:00 pm

#### **Wednesday, February 11<sup>th</sup>**

Adult VB League in HS/SC Gyms @ 7:00 pm

#### **Thursday, February 12<sup>th</sup>**

4<sup>th</sup> Grade Biography Wax Museum in AC Gym @ 9:45 am  
C/JV/V BBB (H) with Pillager @ 4:30 pm  
7/8 GBB (H) with Battle Lake @ 4:30 pm  
Elem. GBB Practice in AC/HS Gyms @ 6:00 pm

#### **Friday, February 13<sup>th</sup>**

V Boys WR Sectionals @ TBD @ 1:00 pm  
JV/V GBB (H) with Bertha-Hewitt @ 4:00 pm  
C/JV/V BBB (H) with Bertha-Hewitt @ 4:30 pm

#### **Saturday, February 14<sup>th</sup>**

Elem. BBB Tournament in All Gyms @ 8:00 am

#### **Sunday, February 15<sup>th</sup>**

Open Gym in All Gyms @ 6:00-8:00 pm

#### **Tuesday, February 17<sup>th</sup>**

'Just for Kix' Dance Practice in Aud. Foyer @ 4:30 pm  
ECFE-Parent/Preschooler Together in Room #42/43 @ 5:00 pm  
JV/V GBB (H) with Park Christian @ 5:30 pm  
Elem. GBB Practice in AC/HS Gyms @ 6:00 pm  
JV/V BBB (A) at Park Christian @ 6:00 pm

#### **Wednesday, February 18<sup>th</sup>**

Adult VB League in HS/SC Gyms @ 7:00 pm

#### **Thursday, February 19<sup>th</sup>**

Secretary of State Visit in Aud. @ 2:00 pm  
7/8 GBB (A) at Parkers Prairie @ 4:30 pm  
JV/V BBB (H) with NCE/UH @ 5:30 pm  
School Board Workshop in Room #108 @ 5:30 pm  
Elem. BBB Practice in AC/HS Gyms @ 6:00 pm

#### **Friday, February 20<sup>th</sup>**

V Boys WR Sectionals (A) at Wadena-DC @ 11:00 am  
7/8 GBB (A) at Pillager @ 4:30 pm  
C/JV/V BBB (A) at Bertha-Hewitt @ 4:30 pm  
JV/V GBB (H) with Underwood @ 5:30 pm

#### **Saturday, February 21<sup>st</sup>**

Little Dribblers Basketball in All Gyms @ 9:00 am

#### **Sunday, February 22<sup>nd</sup>**

Open Gym in All Gyms @ 6:00-8:00 pm

#### **Monday, February 23<sup>rd</sup>**

Elem. WR Duals in SC Gym @ 4:00 pm  
School Board Meeting in Room #108 @ 5:30 pm

#### **Tuesday, February 24<sup>th</sup>**

'Just for Kix' Dance Practice in Aud. Foyer @ 4:30 pm  
ECFE-Parent/Preschooler Together in Room #42/43 @ 5:00 pm  
JV/V BBB (H) with Rothsay @ 7:00 pm

#### **Wednesday, February 25<sup>th</sup>**

Adult VB League in HS/SC Gyms @ 7:00 pm

#### **Thursday, February 26<sup>th</sup>**

V Boys WR State in X-Cel Center @ 9:00 am  
JV/V BBB (H) with Long Prairie-GE @ 5:30 pm

#### **Friday, February 27<sup>th</sup>**

V Boys WR @ TBA  
JV/V BBB (H) with Laporte @ 5:30 pm

#### **Saturday, February 28<sup>th</sup>**

Little Dribblers Basketball in All Gyms @ 9:00 am

#### **Sunday, March 1<sup>st</sup>**

Open Gym in All Gyms @ 6:00-8:00 pm

#### **Monday, March 2<sup>nd</sup>**

MTSS Data Meeting in Aud. @ 8:40 am  
American Red Cross Blood Drive in AC Gym @ 12:00 pm  
PreKindergarten Enrollment in Room #42/41 @ 5:30 pm  
Bandwagon Meeting in Room #108 @ 6:30 pm



# NYM COMMUNITY EDUCATION OFFERINGS SCHEDULE

## OPEN GYM

Open Gym is sponsored by Community Education and NYM Booster Club. There will be a \$1 fee for every participant each night including all who come in to walk the hallways on Sunday night during Open Gym. The fee will be used to staff Open Gym and pay for facility and equipment maintenance.

**WHO:** 7-12th grade students and adults in our school district and if an elementary student wants to participate, he/she must be accompanied by an adult.

**WHEN:** Runs from November 2 through March 29 on most Sunday nights from 6:00 - 8:00 p.m., (except Super Bowl Sunday 2-8-26).

## CPR/AED/1ST AID/EMR/EMT COURSE SCHEDULE

**HEARTSAVER CPR, AED AND 1ST AID (Wednesdays at 5:30 p.m.)**

3-25-26, 5-27-26, 7-22-26, 9-23-26, 11-25-26, 1-27-27, 3-24-27, 5-26-27, 7-28-27, 9-22-27, 11-24-27

**BLS PROVIDER CPR (Wednesdays at 5:30 p.m.)**

2-25-26, 4-22-26, 6-24-26, 8-26-26, 10-28-26, 12-23-26, 2-24-27, 4-28-27, 6-23-27, 8-25-27, 10-27-27, 12-22-27

**EMERGENCY MEDICAL TECHNICIAN/EMERGENCY MEDICAL RESPONDER (EMT/EMR COURSE) (Mondays at 6:00 p.m.)**

9-14-26, 9-13-27

**COSTS:**

Heart Saver CPR/AED & 1st Aid .....	\$ 125
BLS Provider CPR.....	\$ 100
EMT (base fee plus books/fees) .....	\$ 1300
EMR (base fee plus books/fees) .....	\$ 500

**WHERE:** Perham Area EMS Training Room  
525 West Main, Perham, MN 56573

**REGISTRATION:** \*\*Classes are post board certified\*\*  
Register for a class by call/text 218.298.2482 or email [lakescountryedu@gmail.com](mailto:lakescountryedu@gmail.com)

**CONTACT:** Barb Felt at Lakes Country Emergency Education and Consulting

**WEBSITE:** [www.lakescountryedu.com](http://www.lakescountryedu.com)

## SCHOOL-AGED CHILD CARE

If you need before and/or after school child care on a regular or drop-in basis, we have before and/or after school child care available at the school.

**WHO:** PreKindergarten through sixth grade

**WHEN:** During school days, childcare hours in the morning are 6:00-8:10 am, and after school is 3:00-5:30 pm.

**REGISTER:** To register, email [childcare@nymills.k12.mn.us](mailto:childcare@nymills.k12.mn.us) or call (218) 385-4209 or (218) 385-4203 (Comm. Ed. Office).

## ON-GOING WALKING

For those who would like to get exercise by walking through the 2329 feet of hallways in NYM School. (This is FREE except during Sunday night at Open Gym times when it will be a \$1 fee.)

**WHO:** Open to all

**WHEN:** School days from 6:30-8:00 a.m. and 4:00-8:00 p.m.

## NEW YORK MILLS FOOD SHELF 2025-2026

The New York Mills Food Shelf is available to anyone in need in the New York Mills School District. Food Shelf is located at 400 S. Walker Avenue, New York Mills. Donations of food and money are always welcome. For more information, contact Connie at (218) 385-3669. Open from 9-12 and 4:30-6:30 on Mondays -- February 23, March 30, April 27, May 18, June 29, July 27 and August 31.

## EARLY CHILDHOOD SCREENINGS ~ 'ECS'

As of January 2014, the Early Childhood Screenings will be conducted by the Lakes Country Service Coop. The Community Education office will be doing the scheduling and the screenings will be completed at the New York Mills School. This screening is required by the school for entrance into PreKindergarten and required by Minnesota Statute 121A.17 for entrance into Kindergarten unless an Exemption form is filled out. It is an opportunity for you to review your child's growth and development and to follow up on any health or learning concerns. The Early Childhood Screening is a FREE screening and includes a developmental assessment, vision and hearing test, height and weight measurements, immunization and health history review and a parent visit. It is NOT an examination to determine readiness for school. Its purpose is to identify conditions that might interfere with your child's ability to learn and to assist parents in developing strategies to help their child succeed. Please call Deb in the Community Education office to schedule an appointment at (218) 385-4203. Please leave a message if there is no answer and she will get back to you as soon as an appointment is available.

## 55+ DRIVER DISCOUNT PROGRAM (2025-2026)

This Driver Discount Program is put on by the Precision Driving Center of Minnesota through St. Cloud State University. You can check out their website at [www.driverdiscountprogram.com](http://www.driverdiscountprogram.com).

Complete this course to get a 10% discount on your auto insurance premiums! Taught as a presentation from a certified instructor, you'll discuss challenges we face as drivers, new road designs, vehicle technology, and updates on current laws. Best of all, there are no written or behind the wheel tests! Certificate will be provided at the end of class. The 8-hour initial course requirement has been removed as of July 1st, 2024. Participants must take the 4-hour course to initially earn the discount and then repeat the 4-hour course every three years to maintain the discount. Pre-registration required.

The following 55+ Driver Discount Program courses are currently set up for you at the New York Mills School. Also for your convenience, we always have waiting lists if you missed a course and want to be notified of the next course.

**WHO:** Anyone, especially 55 and over  
**WHEN:** Saturday, April 11th  
**TIME:** 9:00 a.m. to 1:00 p.m.  
**WHERE:** Room #108 HS Media Center @ NYM Public School (Enter the door by the eagle and look for the sign that will tell you where to go.)

**COST:** \$24 per participant payable at class with check made out to: PDCM

**SIGN UP:** In District Office or call (218) 385-4201

**CLASS LIMIT:** 15 - 30 people

**INSTRUCTOR:** Bob Swenson

## ADULT BASIC ED/ENGLISH AS A SECOND LANGUAGE

Adult Basic Education is for anyone 17 years old and older who does not have a high school credential, is preparing for college, or is learning English. Individualized instruction is available for GED, Adult Diploma, Accuplacer Prep, computer literacy, and reading, writing, speaking and understanding English.

**DATES/TIMES:** Tuesdays from 1:00-6:00 p.m. and Thursdays from 8:00-11:00 a.m.

**WHERE:** New York Mills City Building at 118 North Main Avenue

**COST:** Class time is free. There is a fee for GED tests.

**CLASS LIMIT:** None at this time

**WHO CAN TAKE:** Anyone who is 17 or older and who does not have a high school credential, needs to prep for college, lacks computer skills, and/or is learning English as a second language.

**INSTRUCTOR INFO:** Leah Hamann, Adult Basic Education Instructor, [lhamann@detlakes.k12.mn.us](mailto:lhamann@detlakes.k12.mn.us) is my email address and (218) 844-5760 is the number for Detroit Lakes ABE. Contact either one for any questions.

## EARLY CHILDHOOD FAMILY EDUCATION - ECFE

**Happy New Year!** A new year means new activities, new classes and new connections. If you haven't attended one of our ECFE classes or events, now is the time!

### Parent & Preschooler

This class is designed for parents and their 2-5 year old child. Class will consist of some parent-child activities & circle time, and then parents will separate from the children for discussion.

**Dates:** Tuesdays - February 17, 24 and March 3, 10, 17, 24, 31 and April 7

**Time:** 5:00-6:30 pm

### Dad Night

Bring your dad or other important male in your life to our Dad Night to make a wood project! This event is appropriate for ages 2-5. Dad's bring a cordless drill with a T20 bit if you have one.

**Date:** Tuesday, February 10

**Time:** 5:30-6:30 pm

### Mom Night

Bring your mom or other important lady in your life to our Mom Night. Prepare to spend some quality one on one time together. More details to come!

**Date:** Tuesday, April 14

**Time:** 5:30-6:30 pm

**All classes will be in Room 42 in the elementary unless otherwise noted. \*\*Sign up for classes on Facebook or by calling 218-385-1172.**

Please contact me with any questions. I'd be happy to visit with you!

**Kendra Geiser**

Early Childhood Coordinator/Teacher

[kgeiser@nymills.k12.mn.us](mailto:kgeiser@nymills.k12.mn.us)

218-385-1172



## NEW YORK MILLS REGIONAL CULTURAL CENTER

**NYMRCC TEEN ART CLUB** - All New - 2025 Kick-Off, Open to ALL Teens ages 13-18, Free to Attend, YOU Belong Here! Hey Teen Artists & Makers! Looking for a creative crew? Join the Teen Art Club at the New York Mills Regional Cultural Center! We're launching a fun, welcoming, and safe space for teens to share ideas, learn new skills, and explore open-studio artmaking together. Whether you paint, draw, sculpt, sew, film, or just love to make cool stuff — you belong here. Following our intro meeting held in November 2025, the group decided on the following schedule for 2026. Adjustments may be made as we move forward.

Thursday, February 19, 2026 | 4:30–6:00 PM | Guided Workshop/Group Meeting

Tuesday, March 3, 2026 | 4:00 – 6:30 PM | Come + Go Open Studio Hours

Thursday, March 19, 2026 | 4:30–6:00 PM | Guided Workshop/Group Meeting

Tuesday, April 7, 2026 | 4:00 – 6:30 PM | Come + Go Open Studio Hours

Thursday, April 23, 2026 | 4:30–6:00 PM | Guided Workshop/Group Meeting

Tuesday, May 5, 2026 | 4:00 – 6:30 PM | Come + Go Open Studio Hours

Thursday, May 21, 2026 | 4:30–6:00 PM | Guided Workshop/Group Meeting

All teens in the region, ages 13-18, are invited to come and make art, make friends, and help shape a new creative community for teens at the Cultural Center! As we work together to establish this group, participants will: Review the Community Contract; Learn about volunteer opportunities; Brainstorm activities and projects they'd like to explore; Enjoy FREE snacks.

### 2026 WINTER/SPRING CONCERT SERIES – PAY WHAT YOU CAN!

Original Live Music in Rural MN Unique Listening Room Space, Concerts Open to ALL! The Cultural Center is pleased to present our 2026 Winter/Spring Concert Series, supported by a grant from the Lake Region Arts Council, enabling a return to "PAY WHAT YOU CAN" pricing! No tickets required, and ALL are welcome! Join us this Winter & Spring for a variety of music styles in our unique listening-room-style space. Not only will you enjoy the talented musicians and excellent acoustics, but you'll also love being surrounded by unique visual art in our historic Gallery space. We look forward to bringing original live music to the residents and visitors to rural West-Central Minnesota. All are welcome to join us for these one-of-a-kind performing arts experiences!

#### 2026 Winter/Spring Concert Series Schedule:

Saturday, February 21, 2026 – Fine Arts Day – NYM School Collaboration @ School/NYMRCC

Saturday, March 14, 2026 – Jordan Messerole Concert

Friday, March 27 – Aaron Simmons Concert

Saturday, April 18 – Zach Thomas Concert

Thursday, April 30 – Clayton Ryan Duo Concert

Wednesday, May 20, 2026 – Celebrating Cultures–Nijiji Radio Collaboration@NYM Sculpture Park

We would like to thank Lake Region Arts Council for supporting this Concert Series. We are grateful for all they do to ensure access to the arts in our rural region!

All concerts begin at 7:30 p.m. and will be held in the Cultural Center's gallery space (unless noted otherwise). Doors open at 7:00 p.m. General admission seating is first come, first served. Light refreshments and a cash bar are available at most concerts.

### FINE ARTS DAY – NYM SCHOOL COLLABORATION

Saturday, February 21, 2026: Collaborative celebration of 25th anniversary of the New York Mills Public School Auditorium and many years of Cultural Center and School partnerships. Free to attend and all are welcome! Planned schedule of events:

10am-3pm @ NYMRCC: Elementary Art Display & Interactive Art Activities

3-5pm @ NYMRCC: Performances by TBD school groups

5-6pm @ NYM School: Meal & Art displayed at school

6-6:30pm @ NYM School: Program welcome in Auditorium

6:30-8pm @ NYM School Auditorium: Performances by NYMHS Choir & Band and Concordia College Band

### YOGA @ NYMRCC | WINTER-SPRING 2026

The New York Mills Regional Cultural Center is pleased to welcome yoga back for the Winter/Spring 2026 season with instructor Bobbi Jo Hamilton of Northwoods Velvære Studio. This season offers multiple ways to participate — including a regular weekly Friday class, a 7-week low-cost Wednesday series, and a monthly chair-supported option — all rooted in body awareness, choice, and nervous system support. Bobbi Jo brings a somatic, body-centered approach that blends gentle movement, mindful breath, and self-compassion. With a background as a Licensed Independent Clinical Social Worker (LICSW) and experienced yoga teacher, she creates a calm, welcoming space where students are encouraged to listen to their bodies and move at their own pace.

**Wednesday Body-Led Yoga Flow** - Wednesdays | 6:00–7:00 PM  
February 11 – March 25, 2026 (7-week session) Community Rate: \$5 per class (\*\*TRY-IT-OUT SPECIAL PRICE\*\*\*) This midweek class offers a gentle, grounding yoga practice guided by your body rather than rigid poses or expectations. Body-Led Yoga blends slow, intuitive movement with mindful breath and simple somatic practices to support mobility, nervous system regulation, and overall well-being. Classes emphasize listening inward, honoring your energy, and moving at a pace that feels supportive. Options are offered throughout, including remaining close to the floor or exploring supported standing. This 7-week session is offered at a \$5 community rate to encourage new and returning students to try a gentle midweek practice and build consistency in an accessible, welcoming environment. Wednesdays are designed as a supportive midweek reset. No prior yoga experience is needed. All bodies, abilities, and experience levels are welcome.

**Friday Body-Led Yoga Flow** - Fridays | 10:00–11:00 AM  
February 6 – May 29, 2026 Friday Body-Led Yoga Flow is a steady weekly practice designed to help you settle into your body and move into the weekend feeling grounded and supported. Classes blend slow, mindful movement with breath awareness and simple somatic practices that support mobility, balance, and ease. Options are offered throughout to meet different bodies, energy levels, and life seasons. Rather than focusing on perfect alignment or pushing through, this practice emphasizes choice, comfort, and rest when needed. The tone is calm, welcoming, and supportive. This class is well-suited for beginners, those returning to yoga, and anyone seeking a gentle, body-aware practice. No prior yoga experience is required. All bodies and abilities are welcome.

**Gentle Chair-Supported Movement (Monthly)** - Second Friday of each month | 8:00–9:00 AM, 4 Sessions: February 13, March 13, April 10, May 8, 2026  
Community Rate: \$10 per class Gentle Chair-Supported Movement is a monthly, one-hour yoga class designed for adults who prefer or benefit from seated and supported movement. This class is offered in a calm, inclusive community-center setting and is ideal for those seeking a slower pace with plenty of options. Each class includes: 10–15 minutes to arrive, get comfortable, and connect socially, Gentle, body-aware movement supported by a chair, Options to remain seated or explore supported standing, 10–15 minutes at the end for rest, reflection, and optional conversation. This practice supports balance, joint mobility, circulation, and nervous system regulation while honoring

each participant's comfort level and range of motion. No prior yoga experience is needed. All bodies and abilities are welcome.

**Punch Card Early Purchase Special - Available through February 5** - Yoga classes return in February, and for a limited time, you're invited to take advantage of an early purchase punch card special. Purchase a 5-class or 10-class punch card before February 5 and receive: A \$15 early purchase discount. Bring one friend free to one Friday 10:00 AM Body-Led Yoga Flow class. Punch cards are valid for regularly scheduled yoga classes and are a great option if you plan to attend weekly or want flexibility throughout the season. Early purchase pricing and bonus are available through February 5 only.

**HYGGE MARKET** – Join us Saturday, February 14<sup>th</sup> from 10:00 am to 2:00 pm at the NYM Regional Cultural Center. Meet and greets with Authors and Artists and Makers. Workshops: Victorian Puzzle Purse and Victorian-Inspired "Heart in Hand". For more information, please call 218-385-3339 or visit [www.kulcher.org](http://www.kulcher.org).

### "TACTILE: FIBER ART + INTERACTION" AT NYMRCC - In Gallery Feb 3-21, 2026

The NYM Regional Cultural Center is pleased to present **TACTILE: Fiber Art + Interaction**, an immersive and hands-on exhibition on view February 3–21. This interactive gallery show explores fiber art as a medium for connection, storytelling, and shared experience, inviting visitors of all ages to engage with art through touch and participation. At the center of the exhibition is the culmination of the **Close-Knit Community Project**, created using a donated 200-foot scarf woven together with handwritten notes from community members sharing what makes New York Mills special. The project remains active throughout the exhibition, and visitors are encouraged to add their own contributions during open gallery hours. **TACTILE** also features fiber art projects by New York Mills Elementary School second graders, whom the Cultural Center has "adopted" through the school's **Adopt-a-Class** program. These works were created by second-grade students with Artistic Director Megan Shirley-Ross and highlight the creativity of young artists, underscoring the importance of arts education and community partnerships. In addition, the exhibition includes fiber art from the NYM Regional Cultural Center's permanent collection alongside work by area artists, including Naomi RaMona Schliesman, Lindsay Kennedy, and Gen Keranen, while showcasing a wide range of approaches to fiber-based art. Visitors can further engage with the exhibition by weaving on a giant loom, adding to the Close-Knit Community Project, and participating in other interactive fiber art experiences during open hours. The exhibition concludes with a special celebration as part of **NYM Schools' Fine Arts Day on February 21**. Free to see and open to the public during regular gallery hours, thanks to the generous support of members and donors. For more information, visit [www.kulcher.org](http://www.kulcher.org) or contact Megan Shirley-Ross, Artistic Director at 218-385-3339 or [megan@kulcher.org](mailto:megan@kulcher.org)

## NEW YORK MILLS PUBLIC LIBRARY

**LEGO CLUB** – For kids ages 5-12 on Monday, February 9<sup>th</sup>, 2026, from 3:30-4:30 pm. Lots of LEGOs! Lots of fun! Building challenge and time to free build at the New York Mills Public Library. Preregistration at least one week in advance is required. To preregister, please call 218-385-2436 or go to [www.nympubliclibrary.org](http://www.nympubliclibrary.org) Limited to 12 participants.

**COFFEE TALKS** – EARLY FINNISH SETTLERS – Discover the story of the earliest Finnish settlers in New York Mills and how they built new lives in Minnesota. Hosted by Kip Peltoniemi, a 2025 Fellow of the American Scandinavian Foundation. Free and open to the community on Wednesday, February 11<sup>th</sup> from 10:30-11:30 a.m. at the NYM Public Library.

**COMMUNITY SCREENING OF THE DOCUMENTARY – MINNESOTA AND THE AMERICAN STORY: 250 YEARS** – Presented by Lakeland PBS. Join us Tuesday, February 17<sup>th</sup>, at 6:30 pm at the Library. As the US approaches its semiquincentennial, this compelling film explores how the founding ideals of the American Revolution shaped the people, land, and progress of the North Star state. Free and open to all, but preregistration is required - limited seating available. Call the NYM Public Library at 218-385-2436 or go to [www.nympubliclibrary.org](http://www.nympubliclibrary.org).

### FREE BOOKS & FAMILY FUN DAY!

Come celebrate "I Love to Read" month! Thursday, Feb. 19<sup>th</sup> 3-6 PM at the NYM Public Library. Complimentary snacks and other helpful resources for parents. Sponsored by: NYM Family Resource Center & NYM Public Library \*FREE Books for Children 12 and under \*FREE Children's Craft Activity \*FREE Snacks & Parent Resources

**COFFEE TALKS** – We are changing things up for coffee talk this week! Join us for a fun Yahtzee Tournament...coffee, conversation and prizes included! Free and open to the community on Wednesday, February 25<sup>th</sup> from 10:30-11:30 a. at the NYM Public Library.

## SANFORD HEALTH – COMMUNITY ED OPPORTUNITIES

**Better Choices Better Health:** Best for adults with a chronic disease or chronic pain  
Join us to learn new ways to take control of your health and feel better! Register by calling 701-417-4905

**For anyone with Diabetes:** Online via Zoom on Tuesdays, February 24-March 31 from 6:00-8:30 p.m.

**For anyone with a Chronic Health Problem:** Online via Zoom on Tuesdays, January 13-February 17 from 2:00-4:30 p.m.

**For anyone with Chronic Pain:** Online via Zoom on Thursdays, January 22-February 26 from 6:00-8:30 p.m.

**BeHEARD:** Behavioral Health Education Awareness and Response Development (BeHEARD) Best for parents, educators, and other school staff. Join us to explore behavioral health concerns in youth aged 10-17. This basic course will provide you with tools to support youth struggling with a wide range of behavioral health concerns. On February 16 from 8:30 AM – 12:30 PM CT, Format: Live Virtual Session Professional Development Credit: I credit available through NDSU. Cost: The course is offered at no charge. An additional fee applies if you choose to earn the professional development credit through NDSU Important: Computer-based training modules must be completed prior to the live session. Contact [BeHEARD@sanfordhealth.org](mailto:BeHEARD@sanfordhealth.org).

**Childhood Injury Prevention Workshop:** This workshop is a great opportunity to learn, connect, and share strategies for keeping kids safe. **Registration is required**, and once completed, you'll receive the workshop link immediately. Be sure to save it or add it to your calendar for easy access on Wednesday, March 25 from 8:30 AM – 4:30 PM CST: Virtual

**The Gun Violence Prevention Forum:** We hope you will join us in making gun violence prevention a national priority, empowering leaders and teams across healthcare, business, government, and communities to share insights, take action, and drive meaningful change. On Thursday, March 5<sup>th</sup>, from 9:00am–2:30pm ET: Virtual Keynotes & Panel Discussions

**For more information, please call 701-417-4905 at Sanford Health.**