



Join us on Wednesday nights! Wellness of the mind, body, and spirit are our top priorities and we'd love to walk with you on your's and your family's wellness journey!

Wednesdays, 5:30–7:30pm, Coeur d'Alene Kroc Center

FREE FOR EVERYONE, ALL AGES!

5:30–6:30PM WORKOUT

Check in at 5:15pm at the Front Desk

6:30–7:30PM KROC TALK

In the River and Osprey Community Rooms

SEPTEMBER TOPICS:

SEPT 6 - Immune System

Boosting with Bernard Rosen

SEPT 13 - Level up your Life
with your Local Library with Nick
Madsen

SEPT 20 - Breast Cancer

Screening with Dr Ames Smith

SEPT 27 - Medicare with Calvin
Peters

OCTOBER TOPICS:

OCT 4 - Dyslexia 101

OCT 11 - Overview of the INW
Dyslexia Alliance and their
services

OCT 18 - Dyslexia in the
Classroom

OCT 25 - Breast Cancer
Prevention with Dr Ames Smith

NOVEMBER TOPICS:

NOV 8 - Family Emergency

Planning with Sarah Long

NOV 15 - Financial Emergency
Planning with Roxanne Kussler
with ICCU

NOV 29 - Family Game Night



Free childcare is provided for kids between 3 months and 5 years old from 5:30–7:00pm.

Youth participants between the ages of 6-11 will join Kid-Fit-Go from 5:30–7:30pm for a fun and free youth fitness program. More information online!

FOR MORE INFORMATION OR QUESTIONS

CALL 208.763.0679 OR GO TO KROCCDA.ORG/THEWELL

www.kroccda.org
208.667.1865 | 1765 W Golf Course Rd
Coeur d'Alene, ID | 83815

Directions: From I-90, take City Center
Exit 11. Head north through 2 lights and
left into The Kroc Center.



RAY & JOAN
KROC CENTER
COEUR D'ALENE, ID