



THIS IS Y.



SUPPORTING COMMUNITY HEALTH AND WELL-BEING

YMCA Community Health initiatives provide support and health education to those with chronic illness leading them to a healthier, active life. In 2021, our Y provided programs to 167 individuals dealing with chronic disease through programs like LiveSTRONG at the YMCA, Diabetes Self-management, and EnhanceFitness.

By supporting YMCA Community Health initiatives, individuals are empowered to become stronger, healthier and live longer fulfilling lives.

FIND YOUR REASON. FIND YOUR Y.

Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States.

Donate today: ymcaspbc.org/give



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Y's impact