



THIS IS Y.



SUPPORTING COMMUNITY HEALTH AND WELL-BEING

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YMCA Community Health initiatives provide support and education to those with chronic health issues leading them to a healthier life.

In 2022, **272 seniors and individuals** participated in Y programs including LiveSTRONG at the YMCA cancer care, Parkinson's exercise classes, Diabetes Self-Management, EnhanceFitness and more.

By supporting Y Community Health initiatives, individuals with chronic health issues are empowered to become stronger and healthier with life-saving programs.

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

Better Together.

Donate today: ymcaspsc.org/give



Scan to view our Y's impact