

"The LIVESTRONG® at the YMCA program offered me a comprehensive approach, including physical exercise and training on topics like proper nutrition for cancer patients. We also had sessions on Yoga (the gentle kind), mindfulness and dance! On the physical training side, we received guidance on using cardio and strength equipment (treadmills, ellipticals, weight machines, etc.), along with water fitness and kickboxing sessions."

Ron Ricci – a past program participant from the Kernersville Family YMCA.

Noah, who is autistic, was initially nervous about shopping through the Bright Beginnings Program. He was paired with a volunteer who also has an autistic son, which made the experience smoother. Although shy at first, Noah eventually picked out several outfits and a new pair of shoes, which he was so excited about that he wore them out of the store. Seeing his joy over his new clothes and backpack was heartwarming. The impact of the Bright Beginnings Program on Noah's mom was profound. She was initially unsure about the program but became very thankful after seeing how much it benefited her son. She expressed her gratitude for the Y and the support they provided, noting that raising a special needs child isn't always easy.

Anonymous – Alexander County Family YMCA

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body."

YMCA of Northwest North Carolina
301 N. Main Street Suite 1900
Winston-Salem, NC 27101



GIVE for a better us.

Ways to give:

- Online at ymcanwnc.org/give
- Stop by your local Y to make a donation
- Mail in this form
- Scan QR Code to Give Now!



**FIND
WHAT
MATTERS
MOST.**



**FIND
YOUR Y.**



**2025 ANNUAL
IMPACT FUND
GOAL:
\$2,630,000**

Many people associate the Y with a swimming pool, treadmills, or even a place to enjoy a cup of coffee. But the true power of the Y isn't found within four walls.

THE Y IS IN THE HEARTS AND ACTIONS OF EVERY NEIGHBOR WHO BELIEVES IN OUR VISION OF A BETTER "US" AND A STRONGER COMMUNITY FOR ALL.

With your generous support, the YMCA has helped our region flourish, making a significant impact by:

- Providing a safe haven for children to learn, grow and prosper.
- Extending a helping hand and a listening ear to seniors, enhancing their quality of life.
- Equipping individuals with life-saving skills to prevent drowning incidents.
- Transforming children's lives with unforgettable experiences at YMCA Camp Hanes.
- Affording our community vital health care resources and combating chronic disease.
- Offering hope and a sense of belonging through financial scholarships, ensuring access to all who need the Y's services.
- Creating a safe place for teens to go after school.
- And so much more!

These are just a few of the compelling reasons to discover your 'why' and contribute to the Y's Annual Impact Fund. Your support enables us to continue our life-changing efforts, providing our neighbors with the hope, connections and friendships necessary for success. Your donation is the lifeline that sustains the Y and makes this transformative work possible.



SAFETY AROUND WATER/SWIM LESSONS

\$2,000 can teach an entire class of swimmers the life-saving skill of swimming.



LIVESTRONG® AT THE YMCA

\$5,000 will give 1 cohort of 10 cancer survivors the support to reclaim their health — physically, mentally, emotionally, and spiritually.



BRIGHT BEGINNINGS

\$180 can give a student the school supplies, new clothes, and confidence they need to start the academic year on the right foot.



FINANCIAL SCHOLARSHIPS

\$1,000 supports a family with a yearlong membership, so they can have access to Y facilities and programs to live healthier lives.



SUMMER DAY CAMP

\$175 gives a child a week full of summer camp memories.
\$1,750 sends a child to camp for the whole summer — or a group of 10 campers for one week each.



LET'S GET FIT

\$590 provides a person with intellectual and developmental disabilities with a safe and inclusive space to exercise and socialize.



BEFORE AND AFTER SCHOOL ACADEMY

\$2,500 gives children a safe, fun, and enriching space outside of school hours.



REACHING OUR POTENTIAL

\$360 provides a teen with a healthy and safe place to go after school.

Learn More and Give Today at ymcanwnc.org/give



Fill out, detach & mail this pledge card to YMCA of Northwest North Carolina, Attn: ANNUAL IMPACT FUND, 301 N. Main Street Suite 1900 Winston-Salem, NC 27101

YMCA OF NORTHWEST NORTH CAROLINA: Annual Impact Fund

YES, I WANT TO HELP.

My personal pledge of \$ _____ will be paid by: (please choose one)

Payment enclosed (Check # _____)

Credit Card or bank draft

Please call me at: _____

Please bill me:

One Installment (Month: _____)

Two Installments (Months: _____)

Monthly _____
Quarterly _____

I plan to pay my pledge from a donor-advised fund or stock gift

My gift will be matched by my employer:

Matching form needed by time of payment.

Name: _____

Address: _____

Email: _____

Branch Designation: _____

Signature: _____

Phone: _____

☐ Please contact me regarding planned giving opportunities at YMCA of Northwest North Carolina.