"The LIVESTRONG<sup>®</sup> 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 quidance 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



to make a donation

by your local Y

Give Now

5

at ymcanwnc.org/give

give:

the **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.

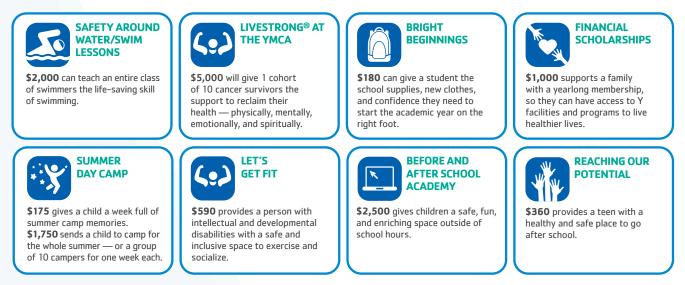
## THE Y IS IN THE HEARTS AND ACTIONS OF EVERY NEIGHBOR WHO BELIEVES IN OUR VISION OF A BETTER "US" AND A STRONGER COMMUNITY FOR ALL.

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.



## Learn More and Give Today at ymcanwnc.org/give