

Accomplishment starts here.

Hi! My name is Trevor, I have worked at the YMCA for 5 years as a Fitness Programmer and my family utilizes the facility on a daily basis. People of all ages come through our doors, dealing with a variety of situations. Change starts here when people get the support and financial assistance they need. That change could be for someone like Eric; I'd like to share Eric's story with you:

Resiliency and perseverance. Eric knows something about both.

In 2014, Eric achieved a goal he had worked towards for years – completing a triathlon! Shortly after his first triathlon, he suffered a serious rib injury. Eric worried that he didn't have the mental and physical strength to recover and continue training for his next race. Being a Y member, he thought about the members and staff at the Y – they inspired and taught him about overcoming pain and mental toughness.

With their support, he focused on his goals and pushed past his physical limitations to overcome his fears. His YMCA community cheered him on.

The support paid off when Eric achieved a personal best, completing his second triathlon in 2017 and placing third! Eric says "the lessons I learned and the support I got at the YMCA helped me accomplish everything I have today - and will achieve tomorrow."

A Healthier Tomorrow Starts Here.

I believe accomplishment starts here. Everyone should be able to feel a sense of accomplishment and have access to support while working towards their goals. I donate to the YMCA Strong Kids Campaign to ensure everyone, like Eric, who have specific goals have access to swimming, sports, and fitness classes and are able to experience accomplishment.

We invite you to make a donation to the YMCA Strong Kids Campaign. Donations over \$25 will receive an income tax receipt and may be made online, or at the Welcome Desk as a one time donation or as monthly preauthorized donations.

Please join our caring and supportive network of YMCA volunteers, donors and staff that our community relies on. Your kindness and generosity will spark a story of its own.

With my sincere thanks,

Trevor

PS: Thank you to all those who have donated in the past and continue to donate today. Your generosity has made an important impact in someone's life.

