

Courage starts here.

Hi! My name is Lisa Adams, I work at the Y as the Manager of Health, Fitness & Aquatics. I've worked here for 19 years! People of all ages come through our doors, and each has their own unique story. Change starts here when people get the support and financial assistance they need. That change could be for someone like Sheryl; I'd like to share Sheryl's story with you:

Sheryl was letting her own fear of the water hold her children back from learning how to swim. She was terrified that if something happened in the water, she wouldn't be able to help them. In discussions with her husband, he convinced her not to let her fears keep their kids from learning to swim.

That's when they discovered the YMCA. They arrived at the YMCA and a caring instructor took each of her kids by the hand. At that moment, she knew everything would be okay.

Today, Beckham dives right down to the bottom and Mychael-May loves the water so much, she's going to be a volunteer swimming assistant at the YMCA. Now, Sheryl says "I want to be able to swim with my family. I always tell them to be fearless and I know the YMCA will help me find the courage to face my own fears".

A Healthier Tomorrow Starts Here.

I believe courage starts here. Everyone should have access to better health and support to overcome their fears. I donate to the YMCA Strong Kids Campaign to ensure all people, like Sheryl, are in a supportive environment and those with children are able to provide their kids with valuable experiences to learn, grow and thrive.

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,

Lisa

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.

