

Thriving starts here.

Hi! My name is Kathleen, I am a Fitness programmer and Instructor Trainer at the Y. You can often find me teaching classes like Stretch and Cardio: Step. I have worked at the Y for over 29 years! Sometimes thriving at the Y means dealing with change and helping people get the support and financial assistance they need. I'd like to share Martin's story with you:

Martin and his wife Jackie had been retired for a few years before they joined the Y. They knew it was important to keep exercising for their general wellness and health. They loved walking around the track together and could often be found taking gentle classes in the gymnasium and in the pool.

After Jackie passed away, Martin felt helpless but knew Jackie would want him to continue to do what they love at the Y. He discovered while at the Y, it helped lessen his loneliness as he visited with friends and made new ones. Martin knew it was important to be able to continue his membership after Jackie's passing, but finances were tight. He applied for membership assistance and to his delight Martin received the financial support he needed.

Martin is thriving, he remains active and continues to come to the YMCA 5 days a week! "The Y is truly a community, as soon as I walk through the doors I have a smile on my face, it's so nice to be surrounded by people who care about you!"

A Healthier Tomorrow Starts Here.

I believe people are able to thrive when they are here. Everyone should have access to a caring community that supports them while they deal with a loss. I donate to the YMCA Strong Kids Campaign to ensure everyone, like Martin, can find companionship, understanding and continue to thrive when things get tough.

I 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,

Kathleen

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.

