

# Transformation starts here.

Hi! We are Liz and Jason Cranny. Liz is a member of the YMCA Board of Directors and together we have been Y members for a combined 70 years. Our children have been members almost from birth! 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 Jamie; we'd like to share Jamie's story with you:

In 2007, Jamie was 120 pounds overweight, battling diabetes, anxiety and depression. After a visit with his doctor, he was determined to make a change. **That change started at the Y!**

"When I walked through the doors of the YMCA it felt like a community, a place where it didn't matter who you were, you belonged". After joining the Y, he lost 145 pounds and no longer needed his diabetes or depression medications. "The staff helped me make big changes. Helping me tackle goals one small step at a time. And that made all the difference."

Jamie's transformation inspired him to help others achieve their goals as well. "I don't know if I'd still be around if it hadn't been for the Y. This is a place that's fueled my transformation and given me back my life, and my family and now I can help others achieve the same".

## *A Healthier Tomorrow Starts Here.*

We believe transformation starts here. Everyone should have access to better health and the support of caring and knowledgeable staff and volunteers to reach their goals. We donate to the YMCA Strong Kids Campaign to ensure everyone, like Jamie, who are determined to make change have the opportunity to gain knowledge and learn new skills for a healthy lifestyle.

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,

*Liz & Jason*

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.

