

vitality starts here.

Hi! My name is Alison. I started my YMCA career 11 years ago with the Y in Kitchener, ON and 6 years ago I transferred here. My first introduction to the Y came when I was six months old, at the very centre my YMCA career started, with baby and me swimming lessons. To be clear: I was the baby. From day one, I have seen the benefits of the YMCA Strong Kids Campaign and the positive impact it has on our community. Families can get active, children can go to camp, and individuals like Valerie have the opportunity to completely change their lives.

When Valerie first retired, she had many dreams of things she wanted to do. But she noticed that she couldn't walk stairs very well and was starting to have trouble getting around. She saw an ad for the YMCA and thought "why not go for it?" She says it was the best thing she ever did. That was 25 years ago.

Valerie, at 90 years old, has done lots of different classes but her current favourite is Zumba because she loves the music and dancing. She says that because the steps are fast, it challenges her feet and brain and keeps her young. "I've made so many friends and we always chat after class. I always feel wonderful when I come back from the Y, I feel like I can tackle anything."

"Getting off the couch and joining the Y was the best thing I ever did. It's given me everything I need to enjoy my retirement."

A Healthier Tomorrow Starts Here.

Vitality starts here. Everyone, regardless of age, should be able to live their best possible life by maintaining their health and develop social connections. I donate to the YMCA Strong Kids Campaign to ensure all seniors, like Valerie have that chance.

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.

Join me and let your kindness and generosity spark a story of its own.

With my sincere thanks,

Alison

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.

