



YMCA OF WESTERN NORTH CAROLINA



NUTRITION HUB OPENS AT ASHEVILLE Y

Too many people in our community go hungry because they don't have reliable access to affordable, nutritious food.

The nonprofit YMCA of WNC works to change this by making fresh, healthy food available to children and families in five counties at no charge, no questions asked.

The opening of a central storage and distribution center inside the downtown Asheville Y means the Y is able to more food will be available to more people in the region.

The hub is the new home base for the Y's three mobile units, which host pop-up food markets at dozens of locations each week. They feature fresh, healthy food, practical cooking demonstrations, and valuable nutrition information that's easy to understand.

Learn more about the Y's nutrition outreach, including mobile market schedules and the Summer Food Service Program, at ymcawnc.org/nutrition.

ymcawnc.org
facebook.com/ymcawnc
(828) 251-5910

BLACK MOUNTAIN YMCA COMING SOON



The new Y will open Sept. 8 at 25 Jane Jacobs Road in the Village of Cheshire in Black Mountain. For more information, please visit ymcawnc.org.

The Cheshire Fitness Club in Black Mountain will become the Black Mountain YMCA in September, following its purchase by the nonprofit YMCA of Western North Carolina.

The Y sees the purchase as a way to expand services to residents of Black Mountain, the Swannanoa Valley, and Old Fort. The Y already runs afterschool programs at Black Mountain Elementary, Black Mountain Primary, and W.D. Williams Elementary. Existing charitable programs in the area include youth mentorship, food distribution, nutrition education, and scholarships for afterschool child care and summer camp.

NEW MEDICARE ADVANTAGE PARTNERS TO COME

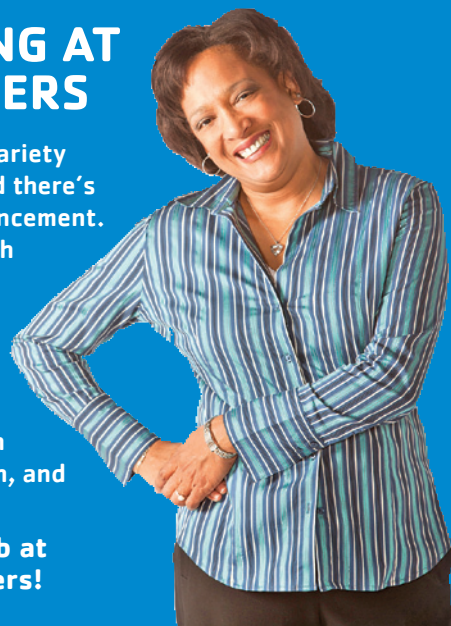
The YMCA of WNC partners to provide wellness benefits for Medicare Advantage plans through FirstMedicare Direct Healthy State and through plans that include Silver & Fit. Beginning Jan. 1, 2019, we will also partner with Optum® Fitness Advantage from UnitedHealthcare®.

For Part B subscribers we will also work with a Medicare Supplement through AARP's BeWell Program. Each of these options provides a YMCA membership. Some Medicare Advantage plans require fees and annual enrollment. Contact your insurance broker for details.

NOW HIRING AT ALL CENTERS

The Y has a wide variety of career options, and there's always room for advancement. We're now hiring youth mentors, lifeguards, youth sports directors, aquatics managers, and many more full- and part-time positions in Buncombe, Henderson, and McDowell counties.

Find your dream job at ymcawnc.org/careers!



KIDS STAY ACTIVE AT THE Y



Team sports and afterschool programs at the Y build self-esteem, values, and leadership skills. Registration is now open for fall youth soccer, flag football, field hockey, and swim lessons, as well as afterschool at Asheville City Schools, Buncombe County Schools, and McDowell County Schools. Full-time/year-round child care includes afterschool, out-of-school child care, and summer day camp. Financial assistance is available.

Sign up at ymcawnc.org.

FOR ALL, ALWAYS

The YMCA of Western North Carolina is a nonprofit organization committed to helping people reach their full potential through programs that build healthy spirit, mind, and body. We serve people of all ages, backgrounds, abilities, and incomes. It is our belief that no one should be turned away for their inability to pay.

Our Y-Access program offers sliding-scale fees designed to fit each individual's or family's financial situation. Funding for this program is made possible through the generous support of our donors to our annual campaign.

Go to ymcawnc.org or call (828) 251-5910 to learn more.