



YMCA OF WESTERN NORTH CAROLINA



## SPRING INTO VOLUNTEERING

The YMCA of Western North Carolina was founded as a volunteer-led organization. Today, hundreds of volunteers share their talents with us, contributing thousands of hours of time.

April is National Volunteer Month, a perfect time for you to share your time with the community. Whether you're interested in packing nutritious meals, helping kids with homework, or working on a community garden, there's a volunteer opportunity for you at the Y.

**Learn more at [ymcawnc.org/volunteering](http://ymcawnc.org/volunteering).**



## FIND YOUR BEST FIRST JOB AT THE Y

The YMCA is a great training ground for young people seeking job experience and life skills. We're hiring now for lifeguards, camp counselors, and more! See [ymcawnc.org/careers](http://ymcawnc.org/careers) to apply today.

Youth ages 11 and up can get their American Red Cross babysitting certification at the Y. Our class covers how to provide care to infants and children, how to stay safe, what to do in an emergency, choosing age-appropriate activities, and how to recognize and handle a variety of behaviors. First aid, choking prevention skills, and child and infant CPR are included.

The class will be offered at the Asheville Y on April 27, June 18, and Aug. 5. Financial assistance is available.

**Call 828.251.5910 or stop by the membership desk for details.**

[ymcawnc.org](http://ymcawnc.org)  
[facebook.com/ymcawnc](https://facebook.com/ymcawnc)  
 828.251.5910

## FIT TIP OF THE MONTH

Having a healthy mindset is just as important to your overall health as exercise.

Are you paying attention to your thoughts? Thoughts are powerful; bring awareness to yours. Do you encourage yourself with positivity or hold yourself back with negativity? A change in mindset could help get your health back on track.

Try thinking about why you want to get or stay healthy, other than the number on the scale. Do you want to be able to run with your children or grandchildren? Staying in touch with a deeper reason for health can motivate you to keep going when things get tough.

Keep your thoughts and self-talk positive. Try making a list of positive affirmations for yourself, and don't beat yourself up if you ever fall short, or have a "cheat day." Move on from it and empower yourself to make a better choice the next time.



## UPCOMING EVENTS

### APRIL 22-MAY 29: FREE COUCH TO 5K TRAINING

Get ready for the annual Asheville Chamber Challenge 5K by starting a free training regimen with the Y! Our personal trainers will coach all fitness levels at two locations – Fletcher Town Hall on Mondays and the Asheville Area Chamber of Commerce on Tuesdays. Sessions start at 5:30 p.m. and last one hour. There's no charge to participate, and Y membership is not required.

**For more info, go to [ashevillechamber.org/news-events/events/chamber-challenge/](http://ashevillechamber.org/news-events/events/chamber-challenge/) and click on Training.**



### SATURDAY, APRIL 27: HEALTHY KIDS DAY

Healthy Kids Day is a free community event coming to three locations on Saturday, April 27. Everyone's invited to join the fun starting at 10 a.m. at YMCA Youth Services on Beaverdam Road in north Asheville, Patton Park in Hendersonville, or the Corpening Memorial YMCA in Marion. Enjoy games, healthy snacks, dancing, crafts, and more while reinforcing good habits kids can enjoy all summer long.

**Go to [ymcawnc.org/healthy-kids-day](http://ymcawnc.org/healthy-kids-day) for more info.**

### FRIDAY, MAY 3: COMMUNITY HEALTHY LIVING DAY

The YMCA at Mission Pardee Health Campus is hosting its first Community Healthy Living Day on Friday, May 3 from 9 a.m. to 12 noon. The event will feature vendors, speakers, giveaway items, and classes, plus a shredding truck, a prescription drug take back, and a blood drive.

**Call 828.552.3600 to learn more.**

## KIDS EAT FREE ON SATURDAYS



The YMCA offers free hot meals to children ages 18 and under every Saturday from 11 a.m. to 1 p.m. at the Ferguson Family YMCA in Candler and the Corpening Memorial YMCA in Marion.

Y membership is not required. Families are invited to enjoy fun activities like arts and crafts, kids yoga, ping pong, book club, and rock climbing (activities vary by location).

Starting in May, the Corpening Y will serve free meals to people of all ages every Saturday, thanks to a McDowell Endowment grant from the Community Foundation of Western North Carolina.

## 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](http://ymcawnc.org) or call 828.251.5910 to learn more.**