



**YMCA OF WESTERN
NORTH CAROLINA**

WE'RE COUNTING ON EACH OTHER



Civic engagement and social responsibility go hand in hand.

The Y works to unite individuals from all walks of life to participate in and work for positive social change through nonpartisan efforts around a range of social issues. Here are some ways you can make a difference for yourself and others in our community:

WEAR a face covering. **WAIT** at least six feet apart and avoid close contact. **WASH** your hands often or use hand sanitizer.

BE COUNTED. Make sure western North Carolina is accurately represented by completing the Census. Every person counted – or not counted – affects 10 years of federal funds, political representation, public infrastructure, and private investment. Complete the Census today by visiting census.gov.

VOTE. Early voting in North Carolina is Oct. 15–31. Find early voting sites in your county and learn more about the voting process at ncsbe.gov.

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

TAKE THE STRONG CHALLENGE THIS FALL



Sick and tired of feeling sick and tired in these COVID-19 times?

The YMCA of Western North Carolina invites you to participate in a free six-week STRONG Challenge designed to help transform spirit, mind and body.

Refresh and recharge your life by moving 20 minutes a day, five days a week for six weeks! Every movement counts – walking, running, strength training, cycling, an in-person or virtual group fitness class. What matters is getting active. Name your goals, track your successes, and celebrate your victories. Make your health a priority and reset your life with the STRONG Challenge!

Opt-in to the free challenge on the YMCA of WNC's mobile app (search ymca of wnc in your app store). From there, create an app account if you don't already have one, then click the Challenges tile. Once you've signed up, we'll send you regular motivation, challenges, workouts and more, so be sure to turn on your app notifications to stay connected.

Everyone in the community is invited to participate in the STRONG Challenge. Y membership is not required.

NOW HIRING COMMUNITY BUILDERS

**Imagine going to
work knowing that
what you do each
day positively affects the lives of the
people in your community.**



Working at the Y, you'll discover more than a job—you'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

The Y is now hiring for positions in childcare, aquatics, wellness, facility management, membership and more! View our job openings at ymcawnc.org/careers to find an opportunity that matches your career goals, interests, skills and experience.

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.

PREVENT DIABETES WITH FREE VIRTUAL CLASSES



The Y's Diabetes Prevention Program and Minority Diabetes Prevention Program encourage participants at risk of type 2 to eat healthier, increase physical activity, and lose a modest amount of weight in a supportive environment.

These year-long programs are led by a trained lifestyle coach who facilitates a small group of people with similar goals. These classes are currently virtual and free for participants.

Visit ymcawnc.org/virtual-ymca to learn more and sign up today.

FIT TIP OF THE MONTH: PRACTICE PLAY



Adults need recess, too!

Practicing play as an adult can help solve problems, offer emotional stability and spark creativity. When practiced with others, it can help grow relationships.

You don't need a playground to play. Just begin to think of activities that bring you joy. What activities nourish your soul? Is there an activity that you often lose track of time doing? Start by making a list of activities that you enjoy practicing. It could be going for a hike, gardening, taking a group fitness class, or creating art.

Set a weekly playful goal and make a promise to yourself to accomplish that. You are the most important person you can care for!