



**YMCA OF WESTERN  
NORTH CAROLINA**

## 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 areas such as childcare, community health, finance, aquatics, wellness, facility management, membership and more!

**View our job openings at [ymcawnc.org/careers](https://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](https://ymcawnc.org) or call (828) 251-5910 to learn more.

[ymcawnc.org](https://ymcawnc.org)  
[facebook.com/ymcawnc](https://facebook.com/ymcawnc)  
**(828) 251-5910**



## WE CARE ABOUT YOUR HEALTH AND SAFETY

**The YMCA of Western North Carolina is committed to the health and safety of our members, staff, and community, and we're following all state requirements to slow the spread of COVID-19.**

Masks are required inside YMCA facilities for people age 5 and up, including while exercising and in locker rooms. Masks are not required in the pool or shower, or if a medical exemption is on file.

We're also working hard to keep your Y clean and safe. Visit [ymcawnc.org/member-safety-guide](https://ymcawnc.org/member-safety-guide) to learn more about our efforts and what you should do to prepare for your visit.

Remember, membership includes access to all eight local YMCAs. Hours vary by location, so please check our website or mobile app for updates and schedules.

## PREVENT OR TAKE CONTROL OF YOUR DIABETES

Diabetes is the seventh leading cause of death in the United States, and medical expenses for people with diabetes are 2.3 times greater than those without. While there is no cure for diabetes, it is preventable and manageable.

The Y offers three evidence-based programs to help people prevent and manage type 2 diabetes including our Diabetes Prevention Program, Minority Diabetes Prevention Program, and Taking Control of Type 2.

Registration is now open for both virtual and hybrid (in-person and virtual) sessions. Learn more about the Y's diabetes prevention programs by visiting [ymcawnc.org/diabetes-programs](https://ymcawnc.org/diabetes-programs).



## CDC RECOGNIZES LOCAL DIABETES PREVENTION PROGRAM



Buncombe County Health and Human Services has earned full recognition from the Centers for Disease Control and Prevention for its Minority Diabetes Prevention Program, which is presented by the YMCA of Western North Carolina with support from the Asheville Buncombe Institute for Parity Achievement (ABIPA).

This national designation is a result of key milestones reached during BCHHS's three-year administration of the North Carolina Minority Diabetes Prevention Program (NCMDPP) in North Carolina Region 2, covering Avery, Buncombe, Burke, Henderson, Madison, McDowell, Mitchell, Polk, Rutherford, and Yancey counties.

To become a National Diabetes Prevention Program, an organization must prove it can meet CDC standards and effectively deliver a diabetes prevention lifestyle change program. Visit [ymcawnc.org/blog/cdc-recognizes-local-diabetes-prevention-program](https://ymcawnc.org/blog/cdc-recognizes-local-diabetes-prevention-program) to learn more about the program and new designation.

## HELP SLOW THE SPREAD OF COVID-19

Protect yourself, your loved ones, and your community simply by using your phone. It's easy. All you have to do is download the SlowCOVIDNC mobile app and you can help slow the spread of COVID-19.

Search for and download the app in the Google Play or Apple App store, enable your Bluetooth and Exposure Notification settings, and be notified if you have been in close contact with someone who has shared a positive COVID-19 test result in the app.



## Y FOOD PROGRAMS PROVIDE HEALTHY SNACKS FOR KIDS



Through the Child and Adult Care Food Program, the Y is able to ensure that all children in our 35 childcare program

sites across Buncombe, McDowell, and Henderson counties have a nutritious afterschool snack.

Here's what that means to kids like 9-year-old Olivia:

**What do you like best about the meals?**

I love that I do not have to worry if they are healthy, because the YMCA does that for me, and teaches me to know the difference.

**How do you feel when you get the meals?**

I am excited every day! I know that I get to snack and spend time with my friends, and it is one of the best parts of my day!

**What's your favorite snack?**

I love the cheese and WOW butter! They taste so good!

## FIT TIP: 21 DAYS TO A HEALTHIER MIND AND BODY



Research tells us it takes 21 days to build a healthy habit and 90 days to make it a permanent lifestyle change. Set aside daily time for yourself to still your mind, relax your body, and breathe with intention. The Y can help with our upcoming December Mind Body Challenge! Practice yoga, meditate, or take a mind body class every day for 21 days.

The challenge begins on Dec. 6 and runs for 21 days. Sign up via the Challenges tile on our mobile app. Haven't downloaded the app? Search YMCA of WNC in your app store.