



GET A HEAD START ON GOOD HEALTH

Life is more stressful than ever, and it can be tough to find time for yourself.

Coaching can help you set priorities and goals to reduce stress and boost your health. The Y offers several coaching options:

Membership includes **Coaching Connection**, which introduces you to fitness classes and equipment, helps you meet other members, and encourages you to set wellness goals.

Health Coaching at the Y provides extra support to help you reach your goals through lifestyle changes. Email lrichardson@ymcawnc.org.



ymcawnc.org or call 828-575-2922 to learn more about sessions that start in January.

A **Jump Start** package is a terrific introduction to personal training on the wellness floor or in the pool. Stop by the front desk at any location to learn more.

SMART goals are specific, measurable, achievable, realistic, and time-bound, and the Y's certified health coaches can help you set them. We're offering free, 45-minute SMART Goal Workshops in person and online in November and December. Email lrichardson@ymcawnc.org or call 828-575-2922 to learn more.

INCREASING FOOD SECURITY



The Y feeds kids and community through nutrition outreach.

We offer free healthy produce year-round in five area counties. Go to ymcawnc.org/nutrition to find a mobile food market near you.

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.

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

WE'RE PLAYING BASKETBALL

Playing basketball is a great way for kids to learn basic coordination, build skills, and make friends on and off the court.

And what better place to learn how to play than the birthplace of the sport?

The Y loves basketball, and we can't wait to help your child learn how to play. We're offering winter clinics for kids ages 3-12 at several locations. Sign up at ymcawnc.org or any Y location to encourage your child to exercise and build a foundation for an active life.

Y members get preferred pricing on basketball clinics and other programs. Financial assistance is available.



PREVENT DIABETES WITH SUPPORT FROM THE Y



Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes.

According to the CDC, one-third of US adults have prediabetes and don't know it.

The good news is that by making small healthy lifestyle changes, it is possible to prevent type 2 diabetes and even reverse your prediabetes.

The Y offers several virtual diabetes prevention programs that will teach participants how to eat healthier, increase physical activity, and lose a modest amount of weight in a supportive, small group environment.

Two new classes begin in November and run for the next 12 months. These programs are offered at no charge with grant support from the WNC Bridge Foundation. To sign up, go to ymcawnc.org/programs-search and enter "diabetes."

HELP US HELP FAMILIES GET CHILDCARE

The labor shortage isn't just affecting employers—it's hurting families who depend on the Y for safe, affordable childcare.

Right now, more than 200 kids are waiting for a spot in the Y's afterschool programs because we don't have enough staff. Many of their parents have had to leave the workforce to take care of them. And some are likely going home hungry, to an empty home.

The Y's childcare team supports student wellness, social and emotional learning, and academic achievement for elementary and middle school students. Positions are available in Buncombe and McDowell counties, with pay ranging from \$15 to \$17/hr.



Know someone who wants to gain valuable leadership skills and make a difference in a child's life? See all job openings at ymcawnc.org/jobs.

Y WORKS TO RELIEVE COMMUNITY HUNGER

One of the most impactful services the Y offers is providing fresh, healthy produce to the community at no charge.

Each year we feed thousands of people and teach them how to prepare nutritious meals. Now we're making improvements to offer even more services.

Our team now includes several bilingual community health workers who can refer mobile market participants to other resources. And in addition to local churches, apartment complexes, and doctors' offices, our markets now take place at several public libraries. See the full schedule at ymcawnc.org/nutrition.

