



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

SHARE THE GIFT OF THE Y FOR THE HOLIDAYS



Gifts from the Y are sure to please, plus you don't have to worry about sizing or shipping delays!

Here are a few gift ideas:

Give children the gift of confidence in the water. Registration is now open for January-March swim lessons. April and May signups open Jan. 1 for Y members, and one month before the class starts for non-members.

Give kids ages 7 and up the gift of overnight camp, where they can unplug from their devices and connect with nature and new friends. YMCA Camp Watia registration is open now.

Give teens the gift of healthy habits. For a limited time, a teen membership is just \$3 a month for the first three months.

Give someone who wants a new challenge the gift of an inclusive, supportive CrossFit community. Our Westridge CrossFit program welcomes all fitness and experience levels.

There's a Y experience for everyone on your shopping list, and financial assistance is available. Find more Y programs at ymcawnc.org.

GET HEALTHY AT THE Y AND SAVE



During the holiday season, it can be hard to find the time to focus on health.

A Y membership is a simple way to put yourself and others first. For a limited time, we're offering a low introductory rate that benefits new and current members!

New members get \$22 off each month for three months, with no join fee!

When current members refer someone who joins, you get \$22 off your regular membership rate for the next three months!

Give the gift of health and wellness to yourself or someone you love. Learn more at ymcawnc.org/join or come in today to join.

Y BRINGS IMAGINATION LIBRARY TO COMMUNITY



In collaboration with Literacy Together and Friends of the Libraries, the YMCA is now distributing Dolly Parton Imagination Library books at Mobile Food Markets along with fresh, healthy produce.

The Y recently added local libraries to the nutrition outreach schedule, joining doctor's offices, churches, and community centers throughout the region. In addition to free produce and books, the Y's mobile markets also have bilingual community health workers, cooking demonstrations, and nutrition information.

Check ymcawnc.org/nutrition to see when a YMCA Mobile Food Market is coming to your neighborhood.

THANK YOU FOR YOUR SUPPORT



As a nonprofit, the Y is all about making the community healthier and stronger.

We'd like to thank you for your generous donations, which allow us to offer programs and outreach projects to better serve the needs of all. You make it possible for people to experience the Y community all year long. Make a lasting impact by donating today at ymcawnc.org/give.