



## GET SOCIAL AT THE Y



**Each of our locations hosts a variety of events for older adults.**

Stay connected with us on social media or visit [ymcawnc.org/events](http://ymcawnc.org/events) to see what's happening.

## 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.

The Y 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.

[ymcawnc.org](http://ymcawnc.org)  
[facebook.com/ymcawnc](https://facebook.com/ymcawnc)  
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## READY, SET, PLAY!



**The best way to beat boredom is to encourage physical activity.**

Our half-day summer sports camps teach the fundamentals of basketball, soccer, flag football, kickball, dodgeball, and more through fun games and drills.

Registration is now open for the fall season of youth soccer, which runs Sept. 12-Oct. 22. We have clinics for ages 3-4 and league play for ages 5-12. Flag football leagues will run Sept. 19-Nov. 5 for kids ages 7-12.

Financial assistance is available for all youth sports programs. Learn more and sign up at [ymcawnc.org/sports](http://ymcawnc.org/sports).



## PARENTS, IT'S YOUR TURN FOR FUN

**Ready for some time to yourself?**

The Y offers safe, affordable babysitting at multiple locations for members and nonmembers alike. Our trained caregivers will keep your child entertained while you take care of you.

Go to [ymcawnc.org/programs-search](http://ymcawnc.org/programs-search) to sign up for Kids Club, Parents Night Out, and Parents Morning Out.

## COMBAT PARKINSON'S WITH ROCK STEADY BOXING

Rock Steady Boxing uses exercises adapted from boxing drills to help people with Parkinson's maintain or restore skills that deteriorate and interfere with everyday movements.

Visit [ymcawnc.org/parkinsons-support](http://ymcawnc.org/parkinsons-support) to register for upcoming classes at the downtown Asheville YMCA and Ferguson Family YMCA in Candler.



## COMMUNITY HEALTH FAIR WITH FREE SCREENINGS



**Mark your calendar for the Latinx Health Fair, Aug. 1-5 at the Reuter Family YMCA.**

Resources and services such as vaccines, blood pressure checks, and prediabetes screening will be available at no charge thanks to our partners, including Blue Ridge Health, CIMA, El Centro, CULA, BCHHS, and many more.

## FOOD FOR ALL



The YMCA's free Mobile Food Markets visit dozens of locations each month, pairing free healthy food with tasty recipes, practical cooking demonstrations, and valuable nutrition information that's easy to understand.

Spanish-speaking community health workers are also on hand to connect attendees with local resources. Distributions are open to the public, no questions asked.



Check [ymcawnc.org/nutrition](http://ymcawnc.org/nutrition) to find a mobile food market near you.