



**YMCA OF WESTERN
NORTH CAROLINA**

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 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



KEEPING YOU MOVING

Take the **WHOLE** family to Camp Watia

When the kids leave camp to head back to school the fun isn't over. Camp Watia has 10 cabins available for you to plan a family reunion, disconnect, reconnect with friends, and simply enjoy all the fun of camp activities like paddleboarding, mountain biking, campfires, and more.

Family Camp is available Aug. 19-21. Each cabin can accommodate up to 10 people and groups will have their own cabin. You can share with another family by request. The cost is \$175 per person including meals.

Call 828-251-5910 to learn more and reserve your cabin. Learn more about Family Camp at ymcacampwatia.org.

LEAGUE PLAY IS BACK FOR YOUTH SPORTS

We're excited to announce the return of leagues for flag football and soccer this fall!

Our successful clinic program will continue to build skills for preschoolers, while leagues will help older kids take their skills to the next level.

Registration is open now for the season beginning Sept. 12. Fees are income-based and financial assistance is available. For more information visit ymcawnc.org/sports.



IMPROVE BALANCE AND STRENGTH WITH GUIDANCE

Moving for Better Balance is a falls prevention program that uses the principles and movements of Tai Chi to help older adults increase strength, improve their balance, and increase their confidence in doing everyday activities. The next 12-week class starts Aug. 9 at the Reuter Family YMCA. The group will meet in person on Tuesday and Thursday, 1-2 p.m.

PWR!Moves is a large motor skill exercise program designed to improve everyday movement. Led by a trained instructor, exercises are performed slowly, rhythmically, and with sustained effort in a high-intensity format. They are performed as fast as

possible with repetitive high effort. The next 12-week program at the Reuter Family YMCA starts Monday, Aug. 15. It meets in person on Monday and Wednesday, 1-2 p.m.

Financial assistance is available for both classes. For more information, please email communityhealth@ymcawnc.org.