



**YMCA OF WESTERN
NORTH CAROLINA**

WORK WITH THE Y: FULL OR PART-TIME



Now is a great time to apply for positions in aquatics, afterschool programs, summer camp, sports, and membership. We have an immediate need for many part-time positions.



View open positions at ymcawnc.org/careers or scan the QR code to find one that works for you – and get a free membership too!

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 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

EAT THE RAINBOW FOR GOOD HEALTH



March is National Nutrition Month

The National Health and Medical Research Council recommends that adults eat at least five kinds of vegetables and two kinds of fruit every day. When you incorporate the full color spectrum, you'll get the most health benefits and protection against disease.

Foods of similar colors generally contain similar protective compounds. Try to eat a rainbow of colorful fruits and vegetables every day to get the full range of health benefits. For example:

- Red foods like tomatoes and watermelon contain lycopene, which is thought to be important for fighting prostate cancer and heart disease.
- Green vegetables such as spinach and kale contain lutein and zeaxanthin, which may help protect against age-related eye disease.

Each month we distribute produce at more than 20 mobile food markets in five counties. Distributions are FREE and open to the public, no questions asked. Find this month's market schedule at ymcawnc.org/nutrition.

It takes many hands to make this possible. An hour is all it takes to sort produce and pack or deliver food boxes. If you'd like to be a part of distributing fresh fruits and vegetables to the community, let's talk. Call (828) 777-3420 or send an email to communityhealth@ymcawnc.org.



A BRIEF HISTORY OF WOMEN AT THE Y

The Y serves all genders, races, ages, beliefs, and backgrounds.

Women have been part of the Y Movement for more than a century, and we're digging deeper into their impact during National Women's History Month.

The first woman is believed to have joined a YMCA in the 1850s in Brooklyn, and there were several female Y members by the 1860s. Two decades later, Ellen Brown became the first female employee of a YMCA and the first "boys' work secretary." The night class she taught grew so rapidly it became a department of the Y.

Locally, the Women's Auxiliary was perhaps the most significant group in the early history of our association. Its members raised funds, furnished rooms, and provided music and refreshments for meetings.

When the U.S. entered World War I in 1917, the YMCA was involved in running military canteens in the United States and France. More than 5,000 women worked in the canteen service, which eventually became the USO.

Gender barriers relaxed during and after the world wars. By 1946, women made up around 12 percent of membership nationwide. Today's number is closer to 50 percent nationwide and 53 percent locally.

UPCOMING FREE EVENTS

AARP COFFEE & CONVERSATION EVENTS

Join us and our partner AARP for an informative in-person series of talks with knowledgeable speakers presenting on topics such as home care, decluttering, brain health, and fraud.

Each session will last about an hour and include time for discussion and Q&A. Best of all, you don't have to be an AARP or YMCA member to attend! Visit ymcawnc.org/events for a complete list of dates, times, and locations.

SMALL CHANGES MAKE A BIG DIFFERENCE



Our Diabetes Prevention Program (DPP) helps you identify small changes that add up over time help reduce your risk of type 2 diabetes.

In this free 12-week course, participants focus on the skills needed to lose weight, increase physical activity, overcome barriers, and manage stress. The next class will be virtual beginning Tues., April 4 at 5 p.m. The next in-person sessions will start May 4. For more information, or to see if you qualify, contact communityhealth@ymcawnc.org or call (828) 575-2922.

FREE 5K TRAINING



5k with the YMCA and you!

Whether you're an absolute beginner or a timed race veteran, the Y can get you up and running for your next 5k.

We're the training partner for the Asheville Area Chamber of Commerce's annual Chamber Challenge 5k, taking place in person and virtually on Friday, May 5. From March 21 to April 25, all fitness levels are invited to join YMCA personal trainer Susan Ion on Tuesdays at 5:30 p.m. at the Asheville Chamber (36 Montford Ave.).

Training is free and open to the public, so invite your co-workers, friends, and family along. After six weeks of workouts and course runs, you'll be ready to race. Learn more, get training tips, and sign up for the Chamber Challenge at ashevillechamber.org.