



## 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](http://ymcacampwatia.org).



## REGISTER SOON FOR FALL SPORTS



**Registration is now open flag football, soccer and volleyball.**

Programs begin in September. Our programs are for children ages 5-12, and Kiddie Kickers is available for ages 3-4. Fees are income-based and financial assistance is available. For more information visit [ymcawnc.org/sports](http://ymcawnc.org/sports).

## 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](http://ymcawnc.org) or call (828) 251-5910 to learn more.

[ymcawnc.org](http://ymcawnc.org)  
[facebook.com/ymcawnc](https://facebook.com/ymcawnc)  
 (828) 251-5910



## LEARN ABOUT TEEN PROGRAMS

**Stop by the Reuter Family YMCA on August 16 between 1-4 p.m. to learn more about the teen programs starting this Fall at the YMCA.**

Teen programs are geared for kids ages 13-18 to provide a place to connect, learn and grow with activities to explore careers and college opportunities, leadership skills, self-development and self-advocacy – and all while having fun too! Missed the dates, but still want info? Contact Roger at [rreid@ymcawnc.org](mailto:rreid@ymcawnc.org).

## FAMILY GAME NIGHT

Bring the whole family for a night out at the Asheville YMCA on the turf (weather permitting) with giant games and big fun!

Mark your calendar for **Friday, August 25**, activities are available from 5:30-7 p.m. No registration required.



## PLAN NOW FOR AFTERSCHOOL CARE

**The Y's Afterschool program has several options to fit your budget and schedule.**

Choose from school year only, school year and summer break, or a year-round upgrade that includes overnight camp. Learn more at [ymcawnc.org/afterschool](http://ymcawnc.org/afterschool).

## DIABETES PREVENTION SUPPORT



The YMCA offers virtual and in-person diabetes prevention programs in English and Spanish at no cost. Find out if you qualify for this life-changing program with lifestyle change support. Open to qualified participants ages 18+. Learn more about our programs here by contacting us at [communityhealth@ymcawnc.org](mailto:communityhealth@ymcawnc.org).

## COOKING LESSONS FROM HOME



**Join us for Cooking Matters, a free education series for parents and caregivers led by local lifestyle coaches, dieticians and chefs!**

These interactive classes are held online with different topics each week. Classes are live on Aug. 15, 22, 29, Sept. 5 and 12. Kids are welcome to join. Learn more and register at [ymcawnc.org/cookingmatters](http://ymcawnc.org/cookingmatters).

## FOOD FOR ALL



The YMCA's free **Mobile Food Markets** visit dozens of locations each month, pairing

free healthy food with tasty recipes and valuable nutrition information that's easy to understand.

Spanish-speaking staff 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.