



**YMCA OF WESTERN  
NORTH CAROLINA**

## FEATURED JOB AFTERSCHOOL COUNSELOR



**Afterschool counselors and youth mentors are some of the most important positions at the Y.**

In this role, you'll learn leadership skills such as oral communication, critical thinking, collaboration, time management, conflict resolution, and human relations, that will help you throughout your career.

Find details about becoming an afterschool counselor or other employment opportunities with the YMCA at [ymcawnc.org/jobs](http://ymcawnc.org/jobs).

## 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**

## MOBILE FOOD MARKET NEAR YOU



**The YMCA provides fresh produce in five counties each week.**

If you or someone you know needs access to food, please visit one of our free Mobile Food Markets. Everyone is able to choose from an abundant selection of delicious and healthy produce, no questions asked. In addition to food, you'll get cooking tips in English or Spanish.

Markets are open to the public, no questions asked. Find a mobile food market near you, and see this month's schedule at [ymcawnc.org/nutrition](http://ymcawnc.org/nutrition).

## IMPROVE HEALTH, BALANCE AND STRENGTH WITH GUIDANCE



**New diabetes prevention programs, including multicultural groups for English and Spanish speakers, are beginning soon.**

These support programs provide lifestyle change for those ages 18+ who qualify based on health and wellness needs or concerns. Virtual and in-person options are available at no charge thanks to grant funding.

For more information, please email [communityhealth@ymcawnc.org](mailto:communityhealth@ymcawnc.org), or call (828) 251-5910.



## YOUTH SPORTS REGISTRATION NOW OPEN

**Your team is waiting!**

Flag football teams are forming now, games start in mid-September. Our sports programs build skills for preschoolers, while leagues will help older kids take their skills to the next level. Registration is open now for the season. Fees are income-based and financial assistance is available. Visit [ymcawnc.org/sports](http://ymcawnc.org/sports) for more information.

## TEENS LEAD THE WAY



**Our Teen Leaders program is an afterschool club for teens (ages 13-18).**

The purpose is to provide participants with experience and training related to college, positive relationships, life skills, and positive identity, while fostering a sense of belonging and achievement. Registration is required. Find details at [ymcawnc.org/teenleaders](http://ymcawnc.org/teenleaders).