



YMCA OF WESTERN NORTH CAROLINA

HERE FOR THE HOLIDAYS?



Got family and friends in town?

We've got you covered. Unlimited guest passes are a perk of a YMCA membership. Enjoy sharing the fun of working out, swimming, group exercise classes, and more with your friends and family this holiday season!

THANK YOU FOR YOUR SUPPORT



As a nonprofit, the Y is all about making the community healthier and stronger.

We'd like to thank you for your generous donations, which allow us to offer programs and outreach projects to better serve the needs of all. You make it possible for people to experience the Y community all year long.

Make a lasting impact by donating today at ymcawnc.org/give.

ymcawnc.org
facebook.com/ymcawnc
 (828) 251-5910



Gifts from the Y have a lasting impact giving the recipient benefits that last long after all the presents are open.

Find the perfect fit from these ideas:

- Give kids ages 7 and up the gift of overnight camp, where they can unplug from their devices and connect with nature and new friends. Register for YMCA Camp Watia at ymcacampwatia.org.
- Give friends and loved ones the gift of personal training and health coaching sessions. These sessions will provide the training and support to achieve fitness goals that improve overall health and well-being. Find details at ymcawnc.org/coaching-connection.
- Give someone the gift of a new challenge by joining an inclusive, supportive CrossFit community. Our Westridge CrossFit program welcomes all fitness and experience levels: ymcawnc.org/crossfit.

There's a Y experience for everyone on your shopping list and financial assistance is available. Find more Y programs at ymcawnc.org.

HELP FEED YOUR NEIGHBORS

Our nutrition outreach program is made possible by volunteers!

Our nutrition hub sorts food donations to prepare them for the nutrition boxes and mobile food markets.

The need for volunteers continues to grow and we can always use some extra hands with our deliveries. Learn more about volunteering with us at ymcawnc.org/volunteer.

Check ymcawnc.org/nutrition to see when a YMCA Mobile Food Market is coming to your neighborhood.



KEEPING OUR COMMUNITY WARM

Donate to our winter coat drive and help others in our community stay warm all winter long.

Items needed include new or gently-used coats, boots, gloves, scarves, socks, and blankets.

Drop-off locations are at the Asheville Y, Hendersonville Family Y, Reuter Family Y, and Woodfin Y.

INCREASING FOOD SECURITY

The Y feeds kids and community through nutrition outreach.

We offer free healthy produce year-round in five area counties. Go to ymcawnc.org/nutrition to find a mobile food market near you.



START YOUR WELLNESS JOURNEY AT THE Y



During the holiday season, it can be hard to find the time to focus on health.

A Y membership is a simple way to put yourself and others first. Thanks to generous donors, we are able to offer income-based membership rates. Don't let cost concerns keep you from being your best self. Stop in today, or visit ymcawnc.org/join to find out more about membership.

FIT TIP OF THE MONTH



The holiday season is a time for celebration and quality time spent with our loved ones.

But oftentimes, the holidays can make it difficult to maintain a consistent exercise routine.

This winter, make time for regular workouts. Even exercising for 15-30 minutes has a positive impact on the body, like reducing stress, managing your weight, and boosting energy levels. Remember, keeping up with your routine is always easier than having to start over.

Spend time in the winter season by going walking or hiking outdoors. When the weather is bad, you can stop by the Y for a variety of indoor classes, events, and activities. You can also workout from the comfort and warmth of your own home with the Virtual Y at ymcawnc.org/virtual-y.

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.