



DIABETES PREVENTION & MANAGEMENT PROGRAMS

Take charge of your health today with no-cost type 2 diabetes prevention and new self-management programs.

Find encouragement, motivation, and guidance with supportive small-group lifestyle change programs led by certified Lifestyle Coaches. Our new programs begin in late summer and are offered in both English and Spanish. Non-members are welcome. For more information, contact communityhealth@ymcawnc.org.

ENHANCING HEALTHY AGING IN WNC



The YMCA of Western North Carolina announces a strategic partnership with Hopscotch Primary Care to improve the lives of older adults throughout the region.

Hopscotch Primary Care is now the presenting sponsor of healthy aging programming at eight YMCAs in Buncombe, Cleveland, McDowell, and Mitchell counties.

FIND SUPPORT AND MOTIVATION

Health coaching at the Y helps you find your best self with one-on-one coaching to create behavioral health changes.

Develop a relationship with your coach that allows you to explore your values, reasons for change, and your potential. Learn more about health coaching at ymcawnc.org/health-coaching.



CONNECT TO COMMUNITY

The Y's staff team has a passion for connecting with people.

From coaching to afterschool care, leading group exercise classes to preventing food insecurity, our employees do work that matters. What do you have a passion for? You could make a difference in your community in as few as one or two days a week. Find out more about opportunities with the Y at ymcawnc.org/careers.

HAVE A FIELD DAY

Grab your little one and join us for a fun day in the sun at the Asheville Y on July 27 from 11 a.m. until 1 p.m.!

Field Day AVL is a guardian/child event that consists of team-oriented events such as three-legged race, water balloon toss, and more. Guardians and children will act as a team to compete in these events. Water play and other skilled games will also be included.



This event is free and open to everyone! Scan the QR code to learn more.

REDUCING FOOD INSECURITY

Each week, the Y is in the community distributing healthy produce, simple recipes, and valuable nutrition information that's easy to understand.

This service is free and open to the public, no questions asked. Find our mobile food market schedules at ymcawnc.org/food.

If you're looking for opportunities to give time in your community and help reduce food insecurity, connect with us! We always need more hands to help. Learn more about volunteering at ymcawnc.org/volunteer.



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. We offer income-based rates on a sliding scale to fit everyone's budget. 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.