



FREE, FRESH PRODUCE ON THE GO



The YMCA's free Mobile Food Markets visit dozens of locations each month.

Markets pair free healthy food with tasty recipes and valuable nutrition information that's easy to understand. Distributions are open to the public, no questions asked. See this month's schedule at ymcawnc.org/nutrition to find a mobile food market.

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.

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

HOW TO STAY SAFE AROUND WATER



Water safety skills can save lives.

As America's leading swim instructor, the Y helps children build competence and confidence in the water through our Safety Around Water program and swim lessons. Learn more about water safety at ymcawnc.org/water-safety.

As the days get warmer, children's interest in water activities grows. To ensure their safety, the Y is hiring swim instructors and lifeguards. Find a summer job that's both fun and meaningful. We offer competitive pay, a Y membership, and signing bonuses. Learn more and apply at ymcawnc.org/careers.

CONNECT WITH THE COMMUNITY



Each month, the Y hosts a variety of events that offer older adults new ways to stay active and connected.

We invite you to join us for these healthy aging events, sponsored by Hopscotch Primary Care. These free activities are open to the public, and most require advance registration.

Participate in a relaxed **weekly walk** on the indoor track **every Thursday in May** at the Corpening Memorial Y, where you can stay active and socialize in a friendly environment. All fitness levels are welcome!

Join us for **Coffee & Conversations** at the Black Mountain Y on **May 19**. You can enjoy a cup of coffee on us while connecting with others in the community. Come chat, share, and start your day with great company!

Celebrate healthy aging on **May 19** from 9 a.m. to 12 p.m. at the Corpening Memorial Y in Marion for **Healthy Aging Day**. This free community event will feature group exercise classes, pickleball, informative lectures, health screenings, vendor booths, food and drinks, and giveaways. Learn more at ymcawnc.org/had.

Join us at the Asheville Y on **May 29** for the **Partner Puzzle Challenge** – an exciting and fun-filled competition! Teams of two will race **against the clock to complete a 300-piece puzzle in the fastest time**.

Want to see more events happening at all of our centers? Find all of our events at ymcawnc.org/events. We have something for everyone to enjoy!

MENTAL HEALTH FOR ALL

May is Mental Health Awareness Month.

This is a vital time to challenge the stigmas surrounding mental health, promote understanding, and offer crucial resources to those in need. The YMCA provides many services to help people build a healthy spirit, mind, and body, including:

- Exercise programs, social clubs, support groups, and volunteer activities.
- Local mental health support for teens and their families who may be facing mental health challenges.
- Youth Mental Health First Aid training, a free two-day course designed for adults who regularly interact with young people. This training equips participants with the skills to identify, understand, and respond to signs of mental health issues in youth.

Together, let's build a healthier community that prioritizes mental health. Explore our local mental health resources at ymcawnc.org/mental-health. Scan the QR code to find our upcoming training sessions and join us in making a difference.



DAY CAMP FUN FOR EVERYONE

Did you know the Y offers a variety of half-day camps for kids ages 3-13?

From May 26-August 11, your camper can spend the summer playing, learning, and making friends.

Camp Kiddos introduces children ages 3-5 to structured camp through arts, crafts, song, outdoor play, and water safety.

Sports of All Sorts Camp teaches the fundamentals of the game, sportsmanship, and teamwork in basketball, soccer, flag football, kickball, dodgeball, and more!

All half-day camps run from 8:30 a.m.-12:30 p.m., Monday-Friday.

Camps are open to both members and non-members. Financial assistance is available. Scan the QR code to learn more and sign up.

