



**YMCA OF WESTERN
NORTH CAROLINA**

EXPLORE NEW JOB OPPORTUNITIES



Love the Y?

Why not work here too? We're hiring a variety of part-time positions. You'll enjoy a flexible schedule and a free YMCA membership while also making a difference in our community. Find our current openings at ymcawnc.org/careers.

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

GROOVE AND MOVE TOGETHER



Join us for Family Zumba at the Asheville YMCA.

Dance, laugh, and get active together on **Sunday, June 22** from 11:15 a.m. until 12:15 p.m. This upbeat, easy-to-follow workout is perfect for all ages and fitness levels. No dance experience needed. This free event is open to the community.

CARING THROUGH CONNECTION



Alzheimer's awareness at the Y.

Over 55 million people worldwide are living with Alzheimer's or another form of dementia. During National Alzheimer's and Brain Awareness Month, the Y is raising awareness about brain health and the steps we can take to protect it.

Staying active and socially connected can help reduce the risk of cognitive decline. It's never too early—or too late—to start! Just a little movement can make a big difference. Explore our programs to support your brain and body health at ymcawnc.org/healthy-aging.

In partnership with Dementia Partners AVL, the Y hosts a group that provides support for caregivers and folks with dementia or related ailments. The group meets at the Woodfin YMCA on the second and fourth Wednesday of every month from 6-7 p.m. This group is free and open to all. Scan the QR code to see the impact of the support group.

PARENTS, TAKE TIME FOR YOU

School is out and parents' schedules just got a lot busier.

Need a break? Drop off your kids ages 1-12 and enjoy an evening to yourself. Parents Night Out is a fun, safe, and affordable alternative to babysitting.

This program is open to the public and is offered at multiple locations on different dates. Find options that work best for you at ymcawnc.org/pno.



A WORKOUT FOR THE WHOLE FAMILY



Make the most of your workout time while showing your children the benefits of staying active.

Parents and kids are invited to a free Family Bootcamp at the Reuter Family Y on **Saturday, June 28** from 9:30 to 10:30 a.m. Have fun building healthy habits as a family in a safe and supportive environment. Children ages 5 and up are welcome. This event is open to the community.

FREE FRESH FOOD FOR ALL



Enjoy the taste of summer at our Mobile Food Markets.

Every month we visit many locations around the region to distribute free healthy food, as well as tasty recipes and valuable nutrition information. Distributions are open to the public; no questions asked. See this month's schedule at ymcawnc.org/nutrition.