



LIVE LIFE TO THE FULLEST

Celebrate Healthy Aging

Join us on September 22 from 10 a.m.–1 p.m. at the Reuter Family Y to celebrate Healthy Aging Day! This free community event is dedicated to celebrating healthy aging and supporting older adults.

This event will feature class demos, informative lectures, free health screenings, vendor booths, giveaways, and more. Learn more at ymcawnc.org/had.



YMCA OF WESTERN NORTH CAROLINA

WHAT DO YOU KNOW ABOUT THE Y?



Take a quick survey (just 10 minutes or less) to share your thoughts and help the Y better serve our community.

Plus, you'll be entered to win a free 3-month YMCA trial membership.

Scan the QR code or go to bit.ly/ymcawnc-impact-survey to get started.



RECOVER AND REBUILD TOGETHER

Cancer survivors can reclaim their health and reach goals together with LIVESTRONG® at the YMCA. This free 12-week program helps participants rebuild strength, increase endurance, and connect with others in a supportive community.

Upcoming sessions begin on September 1 at the Woodfin Y and on September 14 at the Black Mountain Y. Visit ymcawnc.org/livestrong to learn more.



EXCEL AFTER THE BELL

Afterschool Programs

The new school year is just around the corner, and the Y is here to help your family start strong! Our afterschool programs provide a safe, fun place for kids to learn, play, and make friends after the school day ends.

Financial assistance is available. Scan the QR code or visit ymcawnc.org/afterschool to secure your spot.



FEEDING OUR NEIGHBORS



Free Healthy Produce

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.

Do you have extra egg cartons?

We can use them! We accept clean, closable egg cartons in 6, 12, or 18 count. You can drop them off at any YMCA center.

Go to ymcawnc.org or call (828) 251-5910 to learn more.

FALL BACK INTO SPORTS



There are more ways to get in the game this fall.

Registration is now open for youth soccer and volleyball. Players will build skills, make friends, and learn teamwork in a fun, supportive environment.

Offerings vary by location and date. Visit ymcawnc.org/youth-sports to sign up.

THE GAME IS GROWING



Girls Flag NFL Football Leagues

This fall, the Y is launching the first High School Girls NFL Flag Football program in western North Carolina for girls ages 14–17. These leagues will provide an empowering way for girls to stay active, compete, and connect with a strong community of athletes.

With expanding opportunities for college scholarships, elite competition, and a place in the 2028 Olympic Games, now is the perfect time to take the field.

Looking for more leagues?

We also offer co-ed NFL Flag Football leagues for ages 5–13. Explore all our options at ymcawnc.org/flag.