

# *we all* BELONG



**At the East Triangle YMCA, we know that everyone's experience is stronger when we open our doors wider.**

Through your generous donation to the YMCA Annual Campaign, we can provide financial assistance to ensure programs and services are available to all, regardless of their ability to pay.

By fostering an inclusive environment where **we all belong**, the Y helps individuals and families grow stronger, healthier and more connected.

## OUR CAMPAIGN GOAL

# \$150,000

Our YMCA is focused on programs that fill four critical areas of community need. Funds raised from the Annual Campaign will be divided accordingly to support our neighbors.

- ▶ Improving Health Outcomes
- ▶ Supporting Education
- ▶ Developing Changemakers
- ▶ Strengthening Families

Please see the reverse for highlighted programs.



Proudly serving Clayton & Johnston County.



Your *gift* helps the East Triangle Y provide:

**FINANCIAL ASSISTANCE** funds scholarships for membership and programs like swim lessons, school programs, youth sports and more on a sliding scale to ensure the YMCA is accessible for all regardless of an individual's or family's ability to pay. When minds and bodies are stronger, it can **strengthen families and improve health outcomes**.

**SUMMER DAY CAMP** offers a fun and structured environment where children can develop social skills, learn new activities and gain independence while **strengthening families** with reliable child care and peace of mind during the summer months.

**TEEN PROGRAMS** develop **changemakers** by giving them a safe, fun space to explore their interests, build leadership skills, collaborate with peers and engage in community projects.

**Y HEALTH** programs like **LIVESTRONG** at the YMCA **improve health outcomes** with prescribed evidence-based care for individuals with an identified health risk or diagnosis. **LIVESTRONG** helps cancer patients and survivors build muscle mass and strength, increase flexibility and endurance and improve energy levels and self-esteem in small groups.

**Y EXCEL** programs **support education** by providing year-round academic tutorial assistance for children identified by the school system as struggling to reach academic benchmarks.

YMCATriangle.org/*give*

