

we all BELONG



At the Poole Family 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

\$310,000

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
- ▶ Developing Changemakers
- ▶ Supporting Education
- ▶ Strengthening Families



Proudly serving Garner.



Your *gift* helps the Poole Y provide:

FINANCIAL ASSISTANCE provides membership and program scholarships on a sliding scale for adults, families, teens and seniors to ensure the YMCA is accessible for all regardless of an individual's ability to pay. When minds and bodies are stronger, it can **strengthen families** and **improve health outcomes**.

NO LIMITS initiatives like Camp G.R.A.C.E. serve and **strengthen families** with special needs through youth and adult programs, membership, wellness and specialized programs that have been adapted for individuals with cognitive or developmental challenges.

SWIM & WATER SAFETY LESSONS **improve health outcomes** by giving individuals life-saving water safety skills. As their comfort in the water grows, they gain confidence, fitness, reduced risk of drowning and a life-long appreciation of swimming.

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*

