

TOGETHER WE CAN DO SO MUCH MORE



Achieving balance in life is a lot tougher than achieving a perfect pose in a yoga class. But as Kelly has learned, yoga and regular exercise has helped her achieve a healthy balance between parenting, attending nursing school and caring for her elderly grandmother.

"Exercise of all kinds plays a critical role in my overall well-being," Kelly said. "It has made me strong in so many ways and able to better cope with the stresses of daily life."

The Single Parent Scholarship Program at the Downtown Express YMCA relieves Kelly of some of that stress.

"My income is extremely limited at this time in my life," she said. "Without help from others, my daughter and I would simply not be able to afford membership dues, which would limit our ability to be active, especially in winter."

It's important to Kelly that she set the right example for her very young daughter in her habits and attitude. While she works out in the gym or attends yoga class, her little one plays in supervised Y Child Watch.

"I want to exemplify what it means to live an active lifestyle for the next generation I'm bringing up," Kelly said. "I have the mental and physical endurance to fulfill life's demands and, most importantly, I can do it with happiness and energy ensuring that my little girl gets the best me possible every day."

YOUTH DEVELOPMENT

All kids deserve the opportunity to discover who they are and what they can achieve under the guidance of adults who care about them and believe in their potential. We see every interaction with young people as an opportunity for learning and development.

HEALTHY LIVING

Health and well-being are all about balance. That's why we help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all backgrounds improve their health and well-being, we build a stronger community.

SOCIAL RESPONSIBILITY

With our doors open to all, we work every day to connect people from all backgrounds and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

Make More Possible Today

Thanks to donors, members, partners and partner organizations, the Y provided \$1,093,726 in financial assistance in 2013 touching the lives of 7,130 people through programs and services that CHANGE LIVES. We have an extraordinary opportunity to ensure a brighter future for Huntsville and Madison, and only your support makes that possible.

Financial assistance keeps the Y available for children, families and individuals who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life to be more healthy, confident, connected and secure.

When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

Here's how your gift means more in your community:

\$40 Provides two children with life-saving swim lessons

\$160 Provides one month of Afterschool Care for two children giving them a safe, positive place to go

\$220 Provides one month of summer day camp for one child giving them an enriching, safe place to spend summer days while out of school

\$450 Provides a one-year membership for a Military family while a deployed spouse is serving abroad

Here's how to find out how you can make more possible:

Online at ymcahuntsville.org/GIVE

Call or visit your Y branch listed below

Downtown Express YMCA • 256.319.9622

Hogan Family YMCA • 256.705.9622

Southeast Family YMCA • 256.883.9622



The Y. So Much More