



The Y for health

Community Health & Well-Being

At the Y, we believe health is more than fitness—it's about helping people thrive at every stage of life. From increasing physical activity to better nutrition, we offer programs that meet people where they are and help them build healthier habits that last.

Each year, we're reaching thousands of individuals and families with life-changing programs that fight chronic disease, reduce stress, and promote long-term wellness, investing \$529,000 to ensure more people can live their healthiest life.

Research for the St. Louis Region has shown that **LIFE EXPECTANCY CAN VARY UP TO 18 YEARS**, based on communities less than 10 miles apart.

6 IN 10 ADULTS in the U.S. live with a chronic disease. Chronic disease is the leading cause of death and disability in the United States.

1 in 4 cancer survivors report a **DECREASED QUALITY OF LIFE** due to physical problems.

Community Health & Well-Being at **Clinton County YMCA**

The Clinton County YMCA is reducing isolation and creating a sense of belonging for our Active Older Adults and Senior population in our community.

Over 50% of our members are Seniors and many of these individuals are widowed or do not have family close to them. They come to the Clinton County YMCA not only for the physical aspect, but also for the social and emotional aspect as well. The many classes that we offer and our monthly pot lucks, keeps our Seniors active and engaged with exercise and one another as we never want them to feel alone.

We also have a large amount of seniors who participate in Personal Training and we have one individual in particular who is 92 years old and has been personal training for over 1 year. The last month he experienced a heart attack and the Doctors and nurses truly feel he would not still be here if it was not for the personal training that he has been doing 2 times a week for the past year.

We hold 16 classes (Senior Exercise and Chair Yoga) a month for our active older adults along with a potluck once a month. Your support to the Annual Campaign makes all of this possible. With your support, we can continue to meet the needs of our community and continue providing access to programs and services that help those who need it.

YOU SEE A WORKOUT, WE SEE SOMEONE INVESTING IN THEMSELVES.

Annual Campaign Goal: \$34,000

Current Impact:

1,729 served annually through membership and programs.

Current Impact:

\$3,800 in direct financial assistance provided to our community this year.



\$125

provides one cancer survivor access to our LiveSTRONG® for Cancer Survivors program.

\$650

empowers an adult at risk of diabetes to take control of their health through the Y's Diabetes Prevention Program.

\$3,600

sustains a full year of Exercise for Parkinson's programming at a local Y branch.

**Opportunity
For All**

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**Join us as we create
opportunity for all.
Scan to give.**

