

The Y for health

Community Health & Well-Being

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.

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.

Community Health & Well-Being at **Downtown Belleville YMCA**

The Downtown Belleville YMCA is committed to meeting individuals where they are at and providing them with access to the things they need to be healthy and thrive.

In the Fall of 2022, a member was diagnosed with Parkinson's. At that time, he was terrified by the incurable disease. Now, with the addition of the YMCA's Exercise for Parkinson's program to his weekly regimen, he has a renewed attitude and has been able to regain balance in his life: intellectually, physically, and spiritually. Now, he has hope—not only for a cure, but hope that keeps him going one day at a time. He will never give up, and he credits the support, instruction, and camaraderie he receives through the program for helping him realize there is always hope.

When you give to our Annual Campaign, you are giving to hope. You are giving so that individuals like this one have access to the programs and services that best serve them, and meet them where they are at.

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

Annual Campaign Goal: \$79,000

Current Impact:

served annually through membership and programs.

Current Impact:

in direct financial assistance provided to our community last year.



\$300

keeps Parkinson's programming running at a branch for 1 month.

\$650

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

\$1,200

guides up to 3-cohorts of cancer survivors through a six-month LiveSTRONG® healing journey.

**Opportunity
For All**

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

