

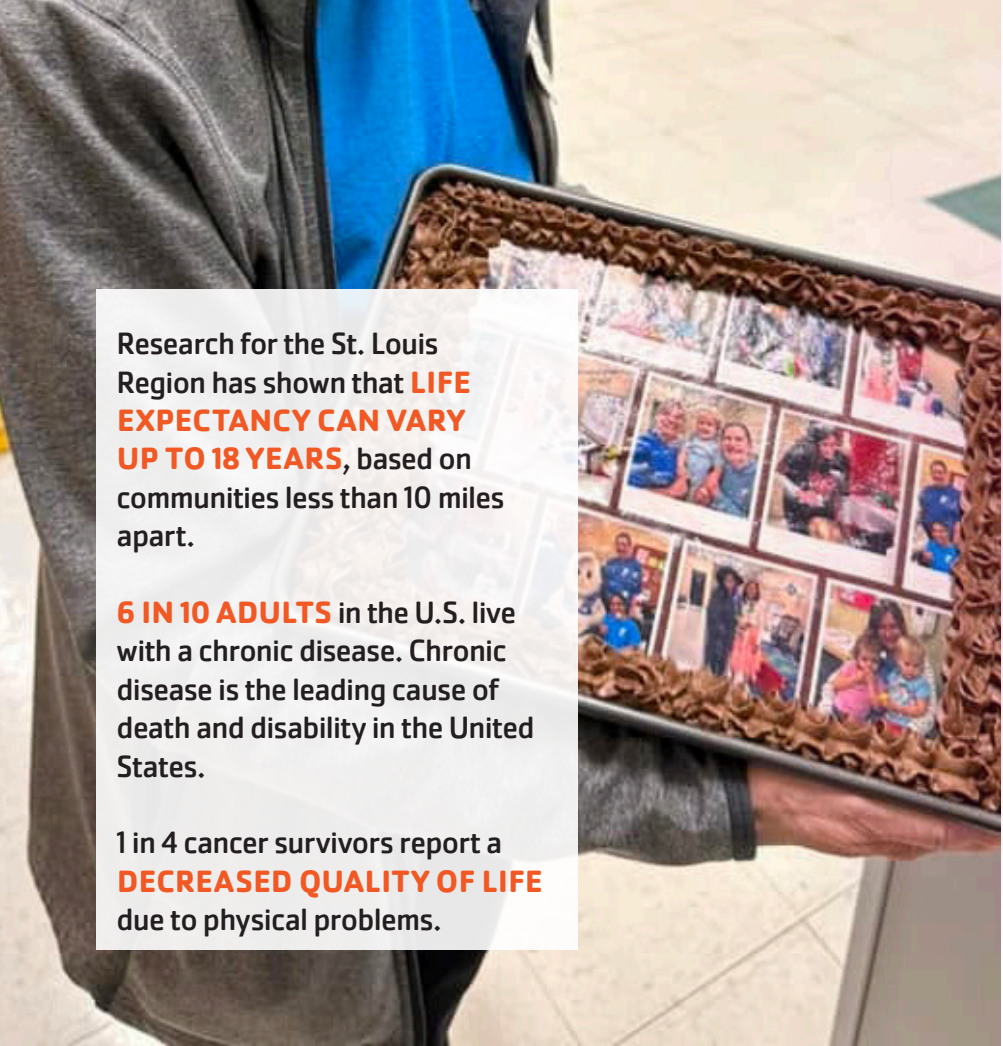


The Y for health

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 **East Belleville YMCA**

For years, Dianne has been one of those familiar faces that makes the East Belleville YMCA feel like a community. Throughout her time at the Y, she has served in many different roles—from caring for children in Child Watch to teaching swim lessons and supporting our Safety Around Water program, where local third graders from Belleville District 118 learn lifesaving skills and build confidence around water. Then, within the last year, Dianne was diagnosed with breast cancer. As she began treatment, life looked different. Her capacity at the Y had to change, but her connection to this community didn't. Read Dianne's story below:

"When I retired after 30 years of health care management, I said I was going to do something I enjoyed. My daughter, Liz, suggested that I work for the YMCA in child watch. I thoroughly enjoy being with the children. About 15 months ago I was diagnosed with breast cancer. I had 12 weeks of chemo therapy, double mastectomy and radiation. It has been a struggle. I was able to work when I felt like I could. Bryan and Emily have been wonderful and so supportive. Members greet me with hugs and wishes. Parents have become good friends and are always checking on me. I am currently taking the live strong classes. These classes are helping me get my strength back and I am meeting others who understand the journey that cancer patients travel. As of today I received the results of my PET scan and there are no signs of cancer! I don't think I would be where I am today with out my YMCA family."

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

Annual Campaign Goal: \$83,000

Current Impact:

2,824 served annually through membership and programs.

Current Impact:

\$105,246 in direct financial assistance provided to our community last year.

**Opportunity
For All**

EAST BELLEVILLE YMCA

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\$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.

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

