



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.

1 in 10 U.S. adults report having been **DIAGNOSED WITH CANCER** at some point in their lifetime.

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 Jefferson County YMCA

The Jefferson County Family YMCA is committed to helping everyone become the best version of themselves physically, mentally and spiritually. We provide financial assistance and charitable programs to ensure that everyone has the opportunity to establish a healthy lifestyle, including those living with chronic disease and other health challenges through our FREE Exercise for Parkinson's Disease and LiveSTRONG program for cancer survivors. "I was in so much chronic pain due to the treatment and medicine, but I started the LiveSTRONG program and soon started to feel better," says Tina Hefner, who participated in the 12-week program that includes FREE small-group personal training and a 3-month membership after undergoing treatment for lymphoma and metastatic endometrial cancer. "This program gave me back my mobility and stamina. I'm lifting weights now, which is something I never thought I would be able to do. It's been great to meet people who have gone through something similar. I felt very supported."

Theresa Nanney says the LiveSTRONG program is the key to maintaining her quality of life while living with chronic lymphoma and leukemia. "I could hardly get myself out of bed or up from the pew at church. The missing piece in my treatment was exercise," Theresa says. "When I started the program, I didn't have much strength. We worked on strength training and balance and always started with some cardio to get warmed up. We worked on some functional things like getting in and out of the car and carrying weights to mimic carrying groceries and grandkids. We did tai chi, which is wonderful for balance. It was so beneficial to have that camaraderie that results when you go through the same thing as someone else. If it weren't for those who donate, we wouldn't be able to participate and benefit from this program. And the fact that you receive 12 weeks of personal training and support at no charge is amazing! You are a different person when you come out of cancer treatment and you're definitely headed toward a different kind of normal. There are a lot of components to getting better and getting your life back and the LiveSTRONG program helps tremendously with that."

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

Annual Campaign Goal: \$119,000

Current Impact:

7,500 served annually through membership and programs. \$83,000 in direct financial assistance provided to our community this year.

Opportunity
For All

JEFFERSON COUNTY YMCA
Rebecca Bishop
rebecca.bishop@gwrymca.org
636-931-9622



\$125

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

\$2,500

guides up to 20 cancer
survivors through a six-month
LiveSTRONG healing journey.

\$3,100

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

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

