

# GETTING BETTER EVERY DAY

A new participant in Enhance Fitness shared just how vital the Y is to her life. She said that the Y is essential for her physical and emotional well-being. She said that in fact, if she and her husband ever fell on financial hard times, she would choose the Y over the grocery! Obviously we wouldn't let her do that, but it demonstrates just how important it is to her everyday living. Mary suffers from debilitating arthritis. Because of her physical activity at the Y, she has been able to enjoy time with her grandchildren. In fact, she was able to tour Disney with them, something she was sure she would never have been able to do without the Y.

### The Y." For a better us."

To learn more about giving to the Y, contact:

#### **COLE CENTER FAMILY YMCA**

260-347-9622 www.coleymca.net When you donate to the Cole Center Family YMCA, you make our community better through programs focused on:

#### **Youth Development**

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development – all grounded in the Y's core values of caring, honesty, respect and responsibility.

#### **Healthy Living**

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 walks of life improve their health and well-being, we build a stronger community.

#### **Social Responsibility**

With our doors open to all, we bring together 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.

## **GIVE TODAY**

Every dollar donated to the Cole Center Family YMCA has a lasting impact on the people right here in our community. Give today for

\$100 \$200 \$500

For a week of water safety classes for four youth. Six weeks f academic and social support for a student in school.