



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MAKE A DIFFERENCE... ONE PERSON AT A TIME

YPartners Annual Support Campaign YMCA HEALTHY LIVING CENTER™

The YMCA strives to never turn anyone away due to an inability to pay. The YPartners Annual Support Campaign enables the YMCA to offer programs and membership assistance to individuals who would otherwise be unable to afford to participate. Through



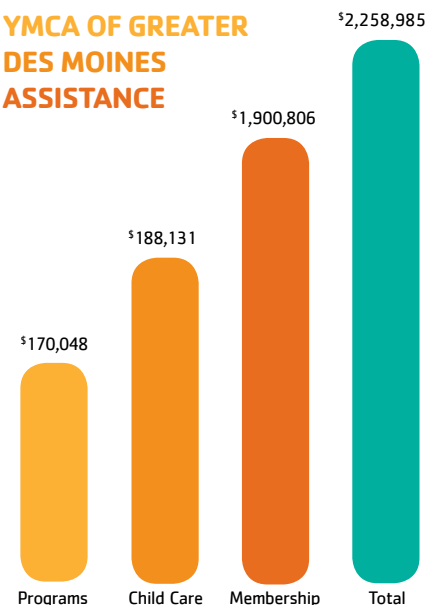
YPartners Annual Support Campaign, individuals and businesses in the community partner with the YMCA to make sure anyone can participate in its programming. YPartners Annual Support Campaign donations are used to benefit members who have a specific need for the specialized equipment, medically integrated programs and for specific treatment at the YMCA Healthy Living Center. This year the YMCA Healthy Living Center's YPartners Annual Support Campaign is launched with an ambitious goal of raising \$75,000.

I am 63 years old and in general good health, which has improved immensely since joining the "Y". My stress level has decreased considerably, I sleep much better at night, and I am generally more agreeable when talking with others. People I've known often comment on my appearance, noticing the weight loss, good skin color, and overall healthy appearance. Needless to say, this gives me a great feeling of achievement. The greatest personal achievement for me since joining the "Y" has been the change in my outlook on life. I really feel as though I could LIVE forever.

"I CAN MAKE A DIFFERENCE"

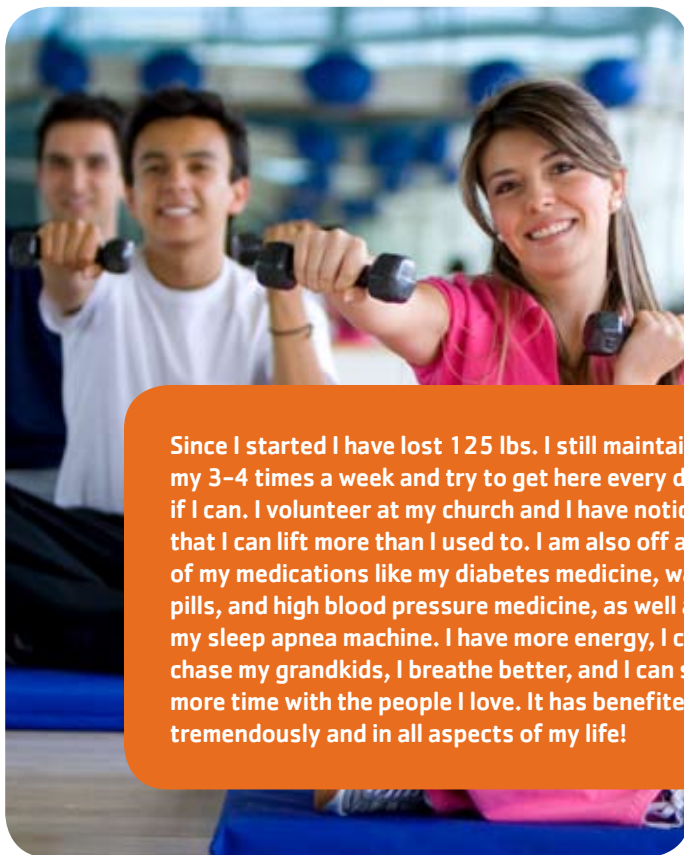


YMCA OF GREATER DES MOINES ASSISTANCE



WHAT YOUR GIFT CAN DO

- \$25** 1 meeting with a **YMCA Wellness Coach** to work on personal fitness goals
- \$50** 1 hour of **Therapeutic Massage** to help with recovery and relieve stress
- \$75** 1 month **Adult Membership** to focus on you and provide stamina to be there for your family
- \$100** 1 **Aquatic Therapy Evaluation** to develop a customized strategy and create attainable goals
- \$300** 12 week **LIVESTRONG® Membership** for a cancer survivor to provide support along the journey to recovery
- \$600** 1 **Annual Membership** for a senior to nurture a community of friends
- \$800** 1 year **Membership** for an adult involved in **Cardiac Rehab**
- \$1000** 1 **Annual Membership** for an adult and their children



Since I started I have lost 125 lbs. I still maintain my 3-4 times a week and try to get here every day if I can. I volunteer at my church and I have noticed that I can lift more than I used to. I am also off a lot of my medications like my diabetes medicine, water pills, and high blood pressure medicine, as well as my sleep apnea machine. I have more energy, I can chase my grandkids, I breathe better, and I can spend more time with the people I love. It has benefited me tremendously and in all aspects of my life!

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12493 University Ave., Clive, IA 50325 (515) 226-9622

YMCA HEALTHY LIVING CENTER ASSISTANCE



Programs Membership Total

LEVELS OF GENEROSITY

- \$10,000 and more...**
President's Club Platinum Founder
- \$5,000 - \$9,999**
President's Club Gold Founder
- \$2,500 - \$4,999**
President's Club Silver Founder
- \$1,500 - \$2,499**
Founder
- \$1,000* - \$1,499**
President's Club Member
- \$500 - \$999**
Impact Sponsor
- \$250 - \$499**
Difference Maker

*Donation of 1,000 and above qualify for additional recognition.



www.dymca.org

YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

FINANCIAL ASSISTANCE

Thanks to many generous community donors to the YPartners Campaign, the YMCA strives to never turn anyone away from the YMCA due to an inability to pay.