



Y IMPACT Athens-McMinn Family YMCA

New Year, New Horizons! 2017 Winter Edition

Hello and Happy 2017!

With each new year, new opportunities present themselves to better serve the people of McMinn and surrounding counties. The previous five years focused on facility updates and equipment upgrades. 2017's focus will transition to improved programming, customer service and community outreach.

For some, the Y is a place to improve health and wellness. For others, it is a place to build friendships and nourish relationships. Some find solace in a hot coffee and warm conversation or maybe a nutritious meal for their child. Whatever you seek, the Y is here to help this community become a better place for a better us. Here's to a happy and healthy new year!

Lane Davis, Interim Executive Director

New Programming

Pedaling for Parkinson's will debut in February!

Who can participate?

Participants who are:

- 35-70 years old
- Are diagnosed with Idiopathic Parkinson's
- Complete and provide a signed consent form and a medical clearance form
- Agree to periodically monitor their progress

How do I sign up?

Medical clearance and consent forms are available at the Athens-McMinn Family YMCA front desk.

New Group Trainings! Kettle bell courses, Strength, SMR/Flexibility starting mid January!

The YMCA's **nutrition and food outreach** programs are growing! Get involved and volunteer with us!

Members now have access to **equipment orientations** during business hours!

Call 423-745-4904

2017 Annual Campaign Announcement!

For a Better Us™

Over the past 62 years, we have had several looks, locations, and opportunities but the cause has always been the same. Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. To do this, we need your help! Our campaign goal is to raise **\$50,000** this year. Every charitable gift helps us build **a better us!** To give today, visit www.athensmcminnymca.org and click on donate.



Upcoming Events!

- Choose to Lose in February!
- Annual Meeting in March!
- Resurrection Run! 5K and 10 K on April 8th
- Easter Egg Hunt on April 8th
- Lifeguard Certification Courses in early Spring!