



## HOW TO SUPPORT A BETTER US

The season of giving is an annual reminder of all the ways we can support others, our communities, and the causes we value. When you give to the Y, you help us support people in communities near and far with the services and opportunities they need to thrive, no matter who they are or where they are from.

### GIVE TODAY TO HELP US:



#### Keep Our Doors Open to All

We make sure **financial assistance** is available so household income is never a barrier to membership or youth programming.



#### Develop New Generations of Leaders

As the largest youth-serving organization in the country, **we help children and teens reach their full potential** by ensuring their basic needs are met and developing their character through programming like camp and teen leadership.



#### Empower People to Improve their Health

We **help people overcome barriers** to good health, including chronic disease, obesity, and needs associated with aging and health inequities.



#### Support Communities Worldwide

**YMCAs in 119 countries** are working to provide more than 58 million individuals—many in underserved communities—with the opportunities they need to thrive. →

