



FIRST FRIDAY REPORT



A Monthly Update for Friends of
THE YMCA OF METROPOLITAN DALLAS

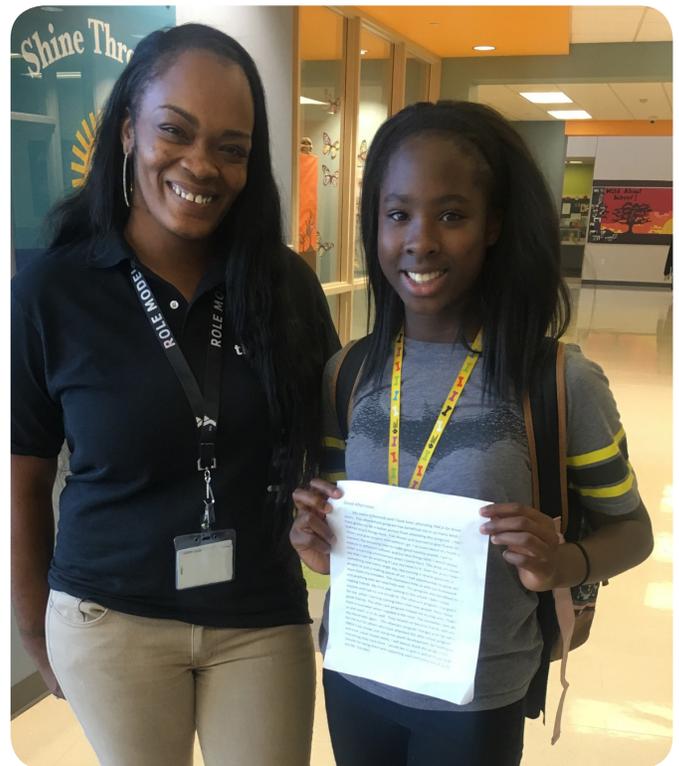
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DECEMBER 2017

Dear YMCA Friends,

Here are a few highlights of what's happening through your YMCA:

Youth Development The YMCA Afterschool program does terrific work on a daily basis. Recently, I received a message from Kennedy, one of our participants with her story. "My name is Kennedy and I have been attending the YMCA for three years. This afterschool program has benefitted me in so many ways. I have grown to be a better person from attending this program. I've learned to give thanks to others and give respect everywhere I go. I've learned about my health and nutrition, like knowing how to make healthy snacks. I've gotten to explore different cultures and try new things. This program showed me that I can do anything if I put my mind to it. The counselors help us with our homework and anything else we need help with. When I started coming here I met new people. Now I have great friends. The counselors care about us and want us to do well. The YMCA truly shows and stands for youth development, healthy living and social responsibility. I will always thank this program for everything they have done." We thank you Kennedy for being a part of it



Healthy Living LIVESTRONG at the YMCA is an evidence based program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Y Staff create a welcoming community in which survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life. Since 2007, the LIVESTRONG Foundation has been the YMCA's partner in developing and delivering LIVESTRONG at the YMCA. Check with the front desk of your Y to see when the next class will be offered.

Social Responsibility We believe that everyone in our community should have the opportunity to benefit from YMCA programs and services. We are a community-based nonprofit with the mission to “to put Christian values in to practice through programs that build healthy spirit, mind and body for all”. When someone loses a job, when medical bills become overwhelming, or when other challenging situations occur, people need the support of the Y. Last year, over 56,000 individuals received financial assistance to participate in Y programs. The assistance was made possible by the generosity of over 10,000 donors who made a gift to the Annual Campaign. I encourage you to join me in making a commitment when one of our terrific volunteers contacts you. For additional information, visit ymcadallas.org/donate. Thank you for your continued support.



In spirit, mind, and body,

Sincerely,

Curt Hazelbaker
President and Chief Executive Officer

