Dear YMCA Friends,

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

**Youth Development** At the Y, we strive to be inclusive and provide programs for all. Our special needs programs provide opportunities for fun and physical activity for youth, teens, and adults with special needs. Whether it’s yoga, Champions League, or a seasonal party - come join us for fun in a safe and encouraging environment! The Semones Family YMCA Champions League is a multi-sports league for individuals with special needs ages 7 to 25. The group meets monthly to play a variety of different sports. Each Champions league is free and open to the community. Visit ymcdallas.org/locations/town_north/programs/special_needs to learn more.

**Healthy Living** The New Year is upon us and for many it’s the time to set resolutions to eat healthier and exercise more. We know that being healthy means more than simply being physically active. It’s about maintaining a balanced spirit, mind and body. We have programs and services to focus on your entire family’s health, as well as a variety of fitness and wellness options to serve each person’s unique needs. At the Y, we also provide educational programs to encourage healthier decisions, so you know the best ways to stay fit. We offer the latest fitness classes, personalized training programs, sports leagues for all ages, and so much more. Our staff is ready to assist you wherever you are in your journey. I welcome our new members and thank our long-time members for your ongoing support.
Social Responsibility  For fifty years, the Park South YMCA has been the center of the community it serves. The branch is one of our busiest with over 90% of participants receiving financial assistance. Park South runs our largest pre-school with over one hundred students preparing for elementary school. The branch receives a lot of support with two of its biggest partners being CBRE and In the City for Good. On December 16th, the two groups provided Christmas gifts for 200 children from pre-school to middle school ages. Christmas would have been challenging for many families, but the smile shows they made a lot of great kids happy.

Thank you for your continued support.
Happy New Year!

In spirit, mind, and body.
Sincerely,

Curt Hazelbaker
President and Chief Executive Officer

The First Friday Report is going GREEN!
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www.ymcadallas.org/firstfridayreport to subscribe.