

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

2022 IMPACT

35,000+ PEOPLE SERVED



Food Accessibility

555,532 HEALTHY MEALS prepared and served across 80 sites in 2022.



11,339 children in youth programs like YCAP, summer day camp and afterschool

Camps/Afterschool



Volunteers

More than 1,300 volunteers extended time to help with food preparation, tutoring youth, program support, coaching etc.



Youth Sports

1,800 youth of varying ages and abilities participated in a Y youth sport program

Healthy Living Programs

Pedaling for
Parkingson's,
LIVESTRONG @The Y,
Rock Steady, Nutrition
Consultations, Food RX,
Nutrition e-Course





\$1.2 Million in Financial Assistance

Given through program scholarships or memberships.

Corporate Partners

Nearly 100 companies participate in corporate memberships





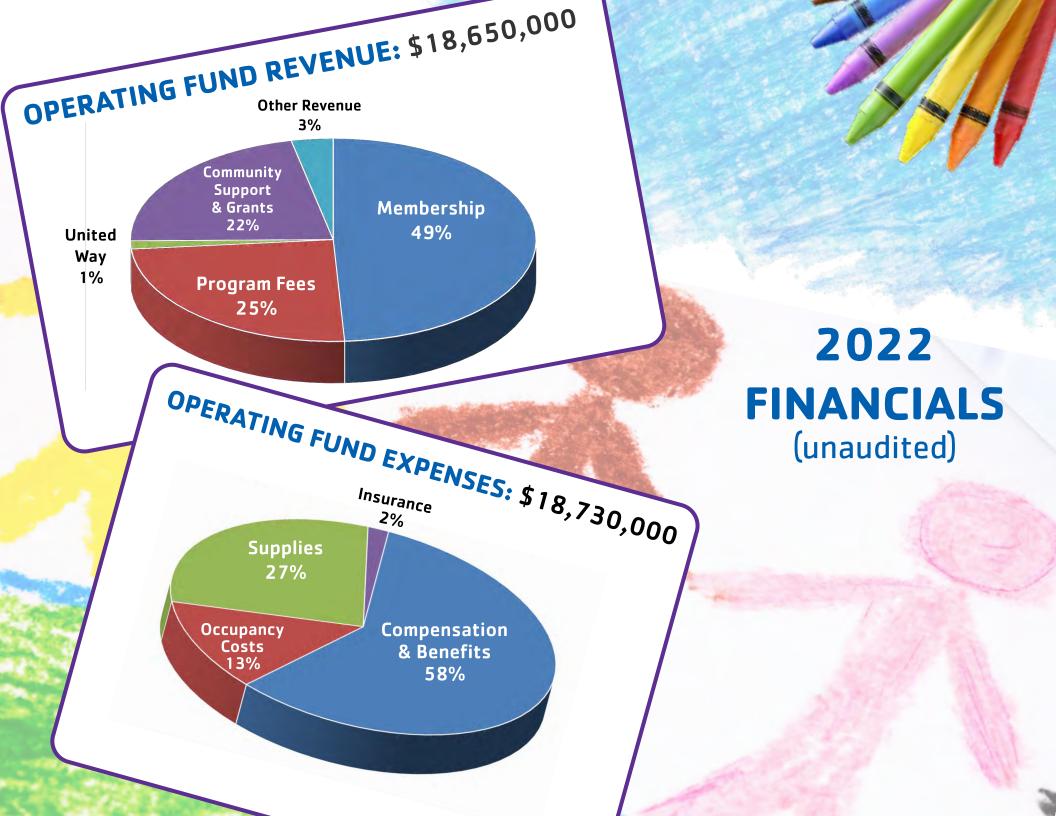


IMAGE

*2022 Feasibility Study Findings conducted by Donor By Design.









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