



BECAUSE OF YOU

At the Y, we help people grow healthier in spirit, mind, and body.

COMMUNITY CHALLENGES

- Chronic diseases are the leading cause of death and disability
- One in four adults 65+ are socially isolated
- Virginia has a 32% obesity rate among adults and many others who are overweight and on a path to becoming obese

BECAUSE OF YOU

Marilyn is living a healthy lifestyle.



Meet Marilyn and hear how the Y helped her grow healthier after a life-changing experience.



2023 Annual Campaign

TOGETHER IN 2022, WE
encouraged health and fostered connections through fitness, sports, and shared interests.

153,428 people participated in a group exercise class.

2,122 people went through a wellness orientation.

45,198 members participated in wellness challenges.

39,337 total members.

1,220,797 given out in membership financial assistance.

At the Y, we are committed to helping others grow healthier in spirit, mind, and body and making a positive impact together. Here is how you can help:

- Make a donation
- Sign up to volunteer
- Share our programs with a friend