



// Everyone is Healthier.

The YMCA Annual Campaign helps ensure individuals and families have access to programs that strengthen health, build confidence and teach skills that last a lifetime.

Learning to swim is more than recreation—it's a critical life skill that also builds confidence and opens the door to lifelong wellness. Through the Annual Campaign, more children can access swim lessons and water safety education regardless of their family's financial circumstances.

Annual Campaign support makes people healthier by:

- Teaching life-saving water safety skills
- Building healthy habits for children and families
- Supporting chronic disease prevention and recovery
- Encouraging active lifestyles at every age
- Improving physical, mental and emotional well-being
- Supporting lifelong health through community



"We're always outnumbered."

Party of Nine

With seven children, Yasmin and her husband were always on high alert and counting heads when they were around the pool or the beach.

After participating in **Swim for Life** at the YMCA, their children gained more than swimming skills. They learned how to respect water, recognize signs of distress and respond in an emergency—critical skills that can help prevent drowning.

Today, the children are more confident and capable in and around the water, and their parents have greater peace of mind.



Discover how the YMCA Annual Campaign helps families like the Forelands build healthier futures.

YMCATriangle.org/give