



# ANNUAL GIVING CAMPAIGN 2019



## South Suburban YMCA

Every day since 1969, the South Suburban YMCA has provided members of our community the support they need to learn, grow and thrive. As our neighborhoods and community evolve, the Y continues to strengthen the foundation of community through programs focused on youth development, healthy living, and social responsibility.

**BRANCH GOAL**  
**\$115,000**

Executive Director  
Tyler Weig  
515-285-0444  
Tyler.Weig@dymca.org  
dymca.org/GIVE  
dymca.org/stories

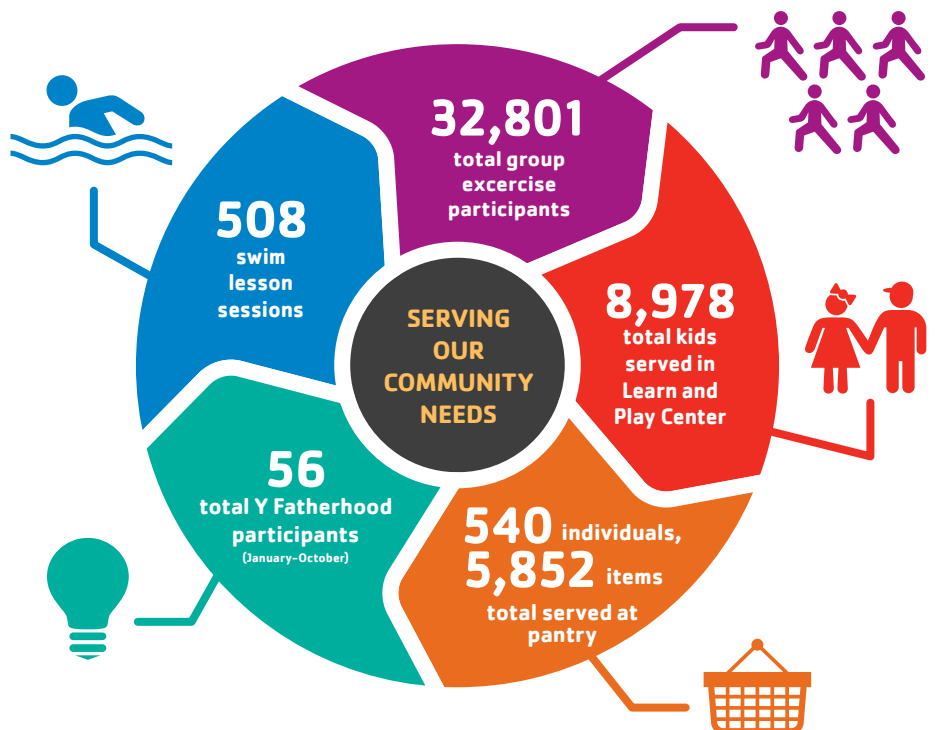
## CASE FOR SUPPORT

The South Suburban YMCA's Annual Campaign seeks funding from individuals, corporations, and foundations to provide impactful membership and programming activities that are accessible to all, regardless of socioeconomic status.

- **Youth Development:** Programs like **Summer Day Camp**, **Active Kids** and **Reading Buddies** nurture the potential of every child and teen while helping them succeed in school and life. Swim lessons, swim team and **Safety Around Water** programs deliver water safety instruction, and prepare youth and adults for a lifetime of physical activity around water.
- **Healthy Living:** Prevention programs such as the **Diabetes Empowerment Education Program (DEEP\*)** engage healthy lifestyle seekers in lowering their risk of Type 2 diabetes. **Nutrition classes** in Spanish help ensure all members of our community are able to connect and receive the support they need.\*\*
- **Social Responsibility:** **Fatherhood** programs at the South Suburban Y provide the tools to help men become more involved parents. Our partnership with the **DMARC Mobile Food Pantry** ensures hundreds of community members have access to nutritional food.

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**Your support of the Y's Annual Campaign makes it possible for everyone in our community to become healthier in spirit, mind and body.**  
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We believe that the Y should be a place FOR ALL. Cost should never be a barrier that keeps someone away from learning to swim, joining a team, or taking control of their wellness.



\*DEEP provided through Community Health Partners. \*\*Nutrition classes provided through the Iowa State Extension and Outreach. 105-5077