



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIVING

## Garrett's Challenge:

Garrett's mom shared, "My son has had a very challenging past with a lot of medical issues and difficulty in relationships. His positive experiences at the **Riverfront YMCA** have made us all feel better about his future."

"He was in a wheelchair and through medical intervention and his participation in sports at the Y, he is now running, jumping and able to do all the things other children his age do."

"His medical conditions have severely impacted his mental health and self-esteem. The Riverfront YMCA staff and the other participants and families have made him feel a part of something important. They have given him purpose and helped him to feel 'normal' in a world that can often be very cruel."

Like Garrett, survey respondents from the Akron Area YMCA Health & Wellness programs reported the following **benefits:**

**97%** experienced improved health.

**96%** experienced improved self-esteem.

**96%** experienced improved mental health.

