



# FLAGSTAFF FAMILY YMCA

2024 ANNUAL CAMPAIGN

**GOAL: \$12,500**

As an organization with more than a century of experience in caring for our community, the Valley of the Sun YMCA responds quickly to these challenges; creatively expanding our programs to meet our community when, where and how we are needed most.



## OUR MISSION

The Valley of the Sun YMCA's mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

## OUR CAUSE

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

## STRENGTHENING FAMILIES

Y programs support parents in creating stronger families in order to lower child poverty, reduce social-isolation and increase positive health outcomes.

In 2024, the Y will:

- **Provide 15 families, especially those with single parents, essential workers, and those going through financial hardship, with membership and program assistance.**

## PROMOTING HEALTHY LIVING

Y membership and wellness programs can improve the health and well-being of our community to reduce chronic disease, obesity, and improve mental health.

In 2024, the Y will:

- **Serve the health and wellness needs of the Flagstaff community with affordable fitness programming and assistance for individuals and families.**

## SUPPORTING SENIORS

Y programs work to reduce depression and fear through outreach and safe social gatherings.

In 2024, the Y will:

- **Promote mental and physical wellness for Flagstaff seniors through programs that encourage fellowship and building healthy habits.**



