



Photo courtesy Oshkosh Northwestern

GETTING BETTER EVERY DAY

Plan gastric bypass surgery or order a wheelchair. Those were the options Carol’s doctor gave her as a way to handle her weight problem. “That woke me up,” Carol said. It was the nudge she needed to motivate her to make a change. Carol didn’t want to rely on a surgical procedure to lose weight; instead, she decided to make changes in her life – changing her eating habits and getting up off the couch and getting active – to help her achieve her weight loss goals. Her doctor didn’t think she’d be able to do it on her own. “He told me I’d be more likely to be struck by lightning than to lose this on my own. What’s the difference if I try to do it on my own or have gastric bypass and be forced to do it?” she said.

Three years after she first stepped foot in the Y, Carol has lost more than 150 pounds. She’s gone from using a walker and needing help getting in and out of the pool, to riding her bicycle to the Y and teaching a water aerobics class. “Walking into this place was the scariest thing I ever did,” Carol said. “But this was like home. Everybody was welcoming.” Carol’s determination and willingness to work hard and stick with her exercise routine, along with the support she received from the Y staff and members were key to her success.

Carol’s success story would not be possible without financial help from the Y. Living on a fixed income limits her access to a place that offers a safe and nurturing program for her to achieve her health & wellness goals.

GIVE TODAY

Every dollar donated to the YMCA of the Fox Cities has a lasting impact on the people of our community. Give today for a better us.

Name _____ Phone # _____ Address _____
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This gift is eligible for a match from my/my spouse’s employer: Company Name _____

Annual Campaign pledge amount: \$10,000* \$5,000* \$2,500* \$1,000* \$500 \$250 \$100 \$50

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My pledge will be paid by: Check enclosed (payable to: YMCA of the Fox Cities)

Bill me during the month of: _____ Bank Draft (please call the Y at 920.882.3681)

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Mailing Address: YMCA of the Fox Cities • 218 E. Lawrence Street • Appleton, WI 54911

Please contact Jan Davey, Financial Development Director, at 920.954.7637 or jdavey@ymcafoxcities.org for more information.

The YMCA of the Fox Cities is a 501(c)3 nonprofit organization.

The Y.™ For a better us.™

Every day, the Y gives our community the support it needs to learn, grow and thrive. From advocacy to education, disease prevention to athletics, football to dance classes, everything we do helps strengthen our neighborhood and the people who live here.



TOGETHER, WE CAN CREATE A BETTER US

YMCA OF THE FOX CITIES
229 E. College Avenue
Appleton, WI 54911



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the Y
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YMCA OF THE FOX CITIES
218 E. Lawrence St.
Appleton, WI 54911

www.ymca.net/give

Working with generous donors like you, the Y provides everyone the opportunity to be healthy and thrive, to connect with others, and contribute to a better community. Everything the Y does is in effort to make individuals and our community — better.

We have an extraordinary opportunity to ensure a brighter future for our community, but we must take action today. Your support makes it possible to be...a better us.

CONNECT TO YOUR CAUSE

- \$50** helps two kids **discover** themselves through dance, swimming, gymnastics or youth sports
- \$100** helps one child gain new skills and **confidence** at one week of day camp
- \$250** provides 50 teens the opportunity to have a night of fun in a **positive**, chaperoned environment
- \$500** helps an entire team of kids learn new skills, **sportsmanship** and values through youth sports
- \$1000** provides two families the opportunity to belong at the Y, giving them a safe, fun and **healthy** environment to learn, grow and thrive

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