

100x100

Join us and be
ONE of a HUNDRED
committed to the cause.

Everyone deserves the chance to succeed – no matter their background or income – and that can happen only when we unite to bring out the best in all of us. For 150 years the YMCA of Greater Grand Rapids has been committed to improving the health & well-being of the communities we serve.

With a focus on youth development, healthy living, and social responsibility, we believe we can make a difference in the lives of others.

We work to improve healthy living through programs that curb obesity, reduce risk of chronic disease, improve nutrition, and provide health and wellness opportunities that keep individuals thriving.

Our impact includes:

- Teaching 18,079 kids to eat right and be active
- Delivering fresh fruit and vegetables to nearly 42 stops with our YMCA Veggie Vans
- Supporting 3,094 kids through the Y's Before and After School Programs
- Serving 107,930 healthy meals and snacks at 36 sites, helping kids learn and perform at their best through our Food Service Program
- Providing 1 in 4 individuals and families with financial assistance to live healthier more active lives
- Engaging 1,416 volunteers through coaching, mentoring, and leadership to make the Y and our community stronger

Won't you be ONE of a HUNDRED?

We are asking **100 members to give \$100** to impact hundreds of lives in our community.

Join us and be ONE of a HUNDRED committed to the cause!

GIVE ON-LINE AT GRYMCA.ORG OR STOP BY THE FRONT DESK.

