



PATHS TO WELLNESS:

Programs that Heal the Whole Person: Emotionally, Mentally and Physically.

ONE STEP

HEALTHY HEARTS

HOPE STRENGTH FUTURE



LIVESTRONG

DELAY THE DISEASE

IF YOU GIVE A MEMBER A MISSION...

If you give a member in our Paths to Wellness program an **indoor cycling bike**, they will join a team of like-minded people at the Y for support with managing uphill challenges. With that team they will find **hope, strength and a future.**

At the Y, we'll help you make every **bike ride** count, because we know your time is priceless. Give today and, together we can build for years to come to ensure a brighter future.



Your mission, should you choose to accept it...

We have less than \$1 million remaining to help us reach our fundraising goal for the Family Center Expansion. Our Family Center Expansion will have a **direct positive impact on our Paths to Wellness Programs.**

Donate today and, together, we can continue to **support our community** for years to come!

Visit madisonareaymca.org/HOMESTRETCH

MADISON AREA YMCA

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