



JOURNEY TO HEALTH WITH YGBW

YGBW supports your health journey - no matter your age, abilities or financial means. Through financial assistance, partnerships and outreach, we work to remove barriers to health for all.

COMMUNITY PARTNERSHIPS

We partner with resources in the community to provide access where you live, work and play.



FIT TRUK

We bring fitness classes and health screenings to your schools, parks, businesses and neighborhoods.



YOUTH & TEEN PROGRAMS

Our 7th Grade Initiative & Y Achievers programs empower teens with healthy habits, career development and social connection.



WELLNESS PROGRAMS

Group Exercise, Personal Training, EVOLT 360 scans and more will help you find your fit.



FOOD SECURITY

Our Food & Resource Pantries provide supplemental access to healthy food options.



HEALTHCARE COLLABORATION

We support your health through communication and collaboration with your provider, sharing your progress every step of the way.



MENTAL HEALTH

Our classes provide a holistic approach to mental health for you and the community.



FOREVERWELL PROGRAMS

Active adults 55+ benefit from engagement, community, belonging and preventative care.



EVIDENCE BASED HEALTH INTERVENTIONS

Structured programs like LIVESTRONG® at the Y provide support to help prevent and/or manage chronic diseases.