



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REGIONAL YMCA OF WESTERN CONNECTICUT

Our commitment to improving the lives of community members is one of the most important aspects of the Regional YMCA. Because of your generous support during these challenging times, we have been able to help those in the community who needed it most and continue to provide life-changing programs and services that improve the health and well-being of so many.



**NEARLY
100**
students in
our distance
learning
and before/
after school
programming.



31
SENIORS
participated
in 8-weeks of
VIRTUAL
Aging Mastery
classes.



210
children received
garden education
this summer and
learned about
seeding, growing &
harvesting veggies
and practicing
healthy eating
habits.



40
people
participated in
our 12-week
VIRTUAL
Diabetes
Prevention
Program



We provided over
1979
weeks of camp
to children in the
Greater Danbury
area who got to
experience the
"BEST SUMMER
EVER!"



1302
members are
participating
each week in our
virtual and in
person fitness
and wellness
opportunities
and aquatics
programming.

THANK YOU again for your support of the Regional YMCA and for sticking with us during these unprecedented times. We are very thankful for you and so are those whose lives have been impacted for the better because of your generosity! **WE ARE BETTER TOGETHER.**