



US... IS A PROMISE

Annual Campaign
YMCA OF THE INLAND NORTHWEST

US... IS EMPOWERING

Helen's story is one of perseverance, love and hope. A member since the North YMCA opened in 2009, she had long been dedicated to her overall wellness, but the Y was about to become something much more than a place to stay fit.

A diagnosis of stage 4 metastatic breast cancer led her to enroll in the LIVESTRONG® at the YMCA program which provides support and tailored physical activity for cancer survivors.

She learned how being vulnerable actually makes you stronger not weaker. Helen says that thanks to the Y and the program, she found "a place where she was allowed to be brave."

She hopes her journey can be a beacon for others experiencing a diagnosis of cancer to have hope, not be as fearful, and to be open. Because she knows that "thanks to the YMCA and the LIVESTRONG program, there was hope, and options, where there might not have been any."

No longer consumed with, "What will my legacy be?" she now lives each day to the fullest and hopes to leave a lasting, and loving, imprint on each person she meets.

The Y.™ For a better us.

To learn more about giving to the Y, contact:

YMCA OF THE INLAND NORTHWEST
509 777 9622 | ymcainw.org/donate

When you donate to the YMCA of the Inland Northwest, you make our community better and the "us" who live in them stronger.

Youth Development

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y's core values of caring, honesty, respect and responsibility.

Healthy Living

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

Social Responsibility

With our doors open to all, we bring together people from all backgrounds, to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

Donate for a better us.

Every dollar donated to the YMCA of the Inland Northwest has a lasting impact on the people in our community. Donate today for a better us.

\$50

lets a youth develop skills and learn teamwork in recreational basketball.

\$100

enrolls 4 teens in Leaders Club to develop empathy, responsibility and a desire to serve others.

\$500

provides a cancer survivor with a 12-week LIVESTRONG® at the YMCA session to increase quality of life through physical and emotional well-being.