



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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## Start the New Year off Right-At the YMCA

(Buffalo, NY) - Why wait till the New Year to start leading a healthier and happier lifestyle! At the Y, the possibilities are endless as to how good you'll feel and the new found friends you'll make. Stop by the Y during our campaign, December 26, 2011-January 31, 2012 and see all we have to offer! Each of the YMCAs six full-facility branches will even host a special family camp December 26-31 with family friendly activities for you and your family to enjoy during winter recess!

Take your first step toward a life of well-being by stopping by, taking a tour and even taking part in a fitness class (where available). **If you decide to join the YMCA between December 26, 2011-January 31, 2012 you'll even save up to \$100! Be sure to check with your insurance provider as well for additional savings and as always YMCA Buffalo Niagara offers financial assistance for those who qualify.**

As a YMCA member you are entitled to so many perks including priority registration, reduced program fees for classes, complimentary child watch, and unlimited use of the wellness center, gym, pool, and fitness classes. For more information about the campaign, contact your local YMCA Buffalo Niagara Branch today or visit us online at [www.ymcabuffaloniagara.org](http://www.ymcabuffaloniagara.org)

Locally founded in 1852, YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body. The YMCAs focus on health and wellness is reflected in the variety of programs that we offer for all ages and abilities. Additionally collaborations with insurance carriers such as Univera, Independent Health, and BlueCross BlueShield provide the opportunity for those wanting to take the first step toward a healthier lifestyle to do so at the YMCA.

A not for profit organization, YMCA Buffalo Niagara serves over 100,000 people annually through the seven branches located throughout Western New York, YMCA Camp Weona, as well as at over 40 community based program sites. This tremendous outreach would not be possible without the support of our volunteers. From summer camp, preschool and school age child care to SilverSneakers®, youth sports programs and swimming lessons-there is something for everyone at the YMCA. For more information visit us online at [www.ymcabuffaloniagara.org](http://www.ymcabuffaloniagara.org)

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