



Cannon Memorial YMCA
 P.O. Box 46
 Kannapolis, NC 28082



**TOGETHER, WE CAN
 BUILD A BETTER US**

THE COMMUNITY NEEDS YOU.



YOUTH DEVELOPMENT



1 in 4 children in North Carolina lives in poverty without access to opportunities to reach their full potential.

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.

HEALTHY LIVING



23% of N.C. adults are not physically active and even more are obese and at risk for chronic disease.

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. From diabetes prevention to active older adult programs, the Y helps individuals live healthier.

SOCIAL RESPONSIBILITY



1 in 5 individuals in North Carolina struggles to make ends meet.

With our doors open to all, we bring people from all backgrounds together and support those who need us most. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

The Y.™ For a better us.



To learn more about giving to the Y:
 Cannon Memorial YMCA
 704 933 9622
 cannonymca.org





**A BETTER COMMUNITY
A BETTER YOU
A BETTER US**

Candace is a busy mother to five children who met responsibilities at home at the expense of her health. She noticed she was having trouble climbing stairs and playing with the kids. When a friend suggested she join the Y, Candace saw that she had little time or money to get involved. That was until the same friend, a member at the West Cabarrus Y, told her about the Open Doors Scholarship Program and the Y Playhouse that provides free childcare to members while the parent exercises. With husband Jeff often working out-of-town for months at a time, joining the Harrisburg Y was the perfect option for the family. "Finally, I had time to work out and take a shower," Candace remembers. She improved her physical and mental health and found comfort in the Christian values that rest at the heart of the Y.

Candace and Jeff lost a combined 75 pounds since joining the Y, and Candace even competed in a weight-lifting competition. Their children attended Kids Boot Camp and took summer swim

lessons. Most of all, Candace is grateful for the improvements in her life because of the Y. She feels a sense of accountability to Y staff who notice when she doesn't show up for a workout. "It's like a family here. Everybody knows and supports each other at the Y, which is unlike any gym experience I've had." Candace found new friends at her Y, including other mothers who face similar challenges. She appreciates her children having a safe place to be while she works out and sees the Y as a gathering place for all people in the community.

There are many individuals like Candace who want to improve their physical, mental and spiritual health, but don't know where or how to start. **YOUR GIFT MAKES IT POSSIBLE FOR FAMILIES TO BE A PART OF THE Y, AND TRANSFORMS LIVES TO BUILD A HEALTHIER, HAPPIER AND CLOSE-KNIT COMMUNITY.**

GIVE TODAY

We have an extraordinary opportunity to ensure a brighter future for our community. Your gift to the Cannon Memorial YMCA will have a lasting impact in the community by helping us to reach more people through life-changing programs and services.

The Y.™ For a better us.

\$50

gives a child the opportunity to learn the life-saving skill of swimming.

\$125

sends a child to one week of summer day camp filled with enriching, healthy activities and positive role models.

\$250

provides one month of after school care for a child in need of a safe place to go after the bell rings.

\$500

gives a senior one year of access to the YMCA where she can connect with new friends and improve her health.

\$750

provides a teen with one year of programming to help him set and achieve future career goals and pursue post-secondary education.

\$1,200

offers a child struggling to read the opportunity to build confidence in the classroom.

Fill out, detach & mail this pledge card to **Attn: ANNUAL SUPPORT CAMPAIGN P.O. Box 46, Kannapolis, NC 28082**

CANNON MEMORIAL YMCA: Annual Support Campaign

YES, I WANT TO HELP. HERE IS MY PLEDGE FOR:

My pledge: \$ _____ One Time Monthly Quarterly

I have, or plan to include, the Cannon Memorial YMCA in my estate plans.

Name: _____ Signature: _____

Address: _____

Email: _____ Phone: _____

Branch Designation: _____

PAYMENT OPTIONS (please select one option)

Payment of \$ _____ attached, or:

I plan to make a single payment. Send a reminder the month of _____ Visa MasterCard Discover AmEx

I plan to make 4 payments by Dec. 31, 2016. Send reminders beginning _____ Credit Card # _____

I plan to make monthly payments. Send monthly reminders beginning _____ Expiration Date _____