

WHO WE ARE

WORKING SIDE-BY-SIDE

When you join the Y you are not just a member of a fitness facility but a part of a cause. We are a organization with the everyday mission of helping you achieve the balance of spirit, mind and body. We do that by encouraging good health and fostering connections through fitness, sports, aquatics, fun and shared interests.



A CENTURY OF SERVICE

For over 100 years the Cannon YMCA has been a center for social and recreational activity as well as a place that changes lives. We offer a variety of services for all ages and membership options that include one or all Cannon YMCA branches. A Y **BRANCH PLUS** membership allows unlimited access to all 3 of our locations and features:

- Group exercise classes
- Water fitness classes
- Cardio & circuit machines
- Free weights
- Indoor rock wall
- Indoor pools
- Indoor track
- Racquetball courts
- Teen center
- Steam & sauna
- Whirlpool
- Free childcare for family memberships
- And much more!

YMCA Staff are

COMMITTED to
helping you
ACHIEVE your
personal **GOALS.**

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GETTING STARTED

Partners in Health Corporate Plan:

Companies agree to partner with the Y to improve their employees' health & well-being.

BENEFITS INCLUDE:

- 15% Discount OR the Company subsidizes a portion of the monthly fee and the Y will match (up to 20%)
- Joiner fee waived (value up to \$25)
- First month FREE
- Payroll deduction & monthly corporate invoice
- Promotional materials for employees & monthly newsletters
- Fitness coaching with Y staff and consultation with onsite CMC- NE Health Promotions Nurse
- Employee usage reports
- Free trial week once a year for all employees and their friends & families.

MAKE YOUR HEALTH A PRIORITY!



Menu of Additional Services:

- Participation in Health Fairs
- Lunch and Learn classes
- Onsite wellness fitness challenges
- Management of health fair (fee based)
- Onsite Health Screenings (with CMC-NE partner, fee based)
- Smoking Cessation classes (with CMC-NE, fee based)
- Weight loss programs (with CMC-NE, fee based)
- Monthly health topic focus
- Stress Management programming
- Personal Training (fee based)
- Environmental Assessments

LET'S WORK TOGETHER.



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EASY STEPS

To begin your Corporate Wellness relationship with the YMCA:

- 1 Call your YMCA to discuss Corporate Wellness Opportunities.
- 2 Meet with YMCA staff to determine your workforce wellness needs.
- 3 Customize a wellness package based on your needs.
- 4 You and your employee's can get moving!

RETURN ON INVESTMENT

YMCA CORPORATE WELLNESS PROGRAMS ARE A VALUE TO YOUR BUSINESS & YOUR EMPLOYEES:

COST EFFECTIVE: Low estimates of wellness programs suggest an ROI of 3:1. That's \$3 returned for every \$1 invested. With health & productivity management you might see returns as high as 6:1.¹

EMPLOYEE RETENTION: 78% of employees will utilize a corporate wellness program and 50% consider it an incentive to continue with their present employer.²

INCREASED PRODUCTIVITY: When compared to the average office worker, whose efficiency decreases 50% for the final two hours of the work day, exercise adherents work at full efficiency all day, amounting to a 12.5% increase in personal productivity.³

¹ Published in 2007 by Wellness Council of America

² Published in a survey from the American Association of Occupational Health Nurses.

³ As stated in a NASA research study and referenced by the Public Health Agency of Canada.

"I am so glad the Y is partnering with my employer. In the past year MY LIFE has CHANGED thanks to the Y's help."
-Suzie, Y Member



LOCATIONS

KANNAPOLIS YMCA

101 YMCA Drive, Kannapolis NC 28081
704.939.9622 or
Stephanie at slambert@cannonymca.org

WEST CABARRUS YMCA

5325 Langford Avenue, Concord NC 28027
704.795.9622 or
Jeanna at jlazaro@cannonymca.org

HARRISBURG YMCA

4100 Main Street, Ste. 200 Harrisburg, NC 28082
704.454.7800 or
Shannon at ssherwood@cannonymca.org

Health & wellness programs have been shown to:

- ➔ Improve job performance
- ➔ Boost morale
- ➔ Lower absenteeism and turnover
- ➔ Decrease disability days
- ➔ Reduce medical costs



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CORPORATE WELLNESS
CANNON YMCA