

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 an 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. One or all Cannon Y branches offer a variety of services for all ages and membership options:

- 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
- Onsite childcare
- And much more!

YMCA staff members are
COMMITTED to
helping you
ACHIEVE your
personal **GOALS.**
CannonYMCA.org



GETTING STARTED



PARTNERS IN HEALTH CORPORATE PLAN:

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

CORPORATE PARTNER REQUIREMENTS:

- Annual participation in a minimum of two YMCA Community Engagement Initiatives:
 - Make a leadership gift to the Annual Support Campaign
 - Sponsor a YMCA program
 - Youth Sports
 - Swim Lessons
 - Active Older Adult programming and outings
 - Volunteer at community events
 - Three 5K events (Spring, Fall & Winter)
 - National Day of Prayer Breakfast
 - Healthy Kids Day
 - Empty Stocking Fund

*If interested, please request information about additional event opportunities
 - Attend Annual Support Campaign events
 - Annual Meeting (Spring)
 - Golf Tournament (Fall)
 - More than a Gem (Fall)
 - Breakfast with Santa (Winter)
 - Consider candidates for company representation on YMCA boards
- Minimum of five employee memberships

EMPLOYEE BENEFITS:

- 15% discount OR the company subsidizes a portion of the monthly fee and the Y will match (up to 20%)
- Join fee waived (value up to \$25)
- Pro-rate Waived (one-time offer)
- Payroll deduction & monthly corporate invoice, must have a minimum of five employees with active memberships
- Twice a year on-site member registration & wellness assessments
- Promotional materials for employees & monthly newsletters
- Employee usage reports, if needed
- Free trial week for all employees and their families.

WELLNESS SERVICES OFFERED:

- YMCA participation in Company Health Fairs
- On-site Lunch and Learn Classes
- Planning for Employee Fitness/Wellness Challenges (20 employee minimum)
- Fitness Orientation with a Fitness Specialist
- Personal Training (fee-based)

Additional wellness services are available at the Cannon Memorial YMCA's through our partnership with Carolinas Healthcare System.

- Blood Pressure
- Nutrition Counseling (fee-based)

LET'S WORK TOGETHER.



3 EASY STEPS

To begin your Corporate Wellness relationship with the YMCA:

- 1 Contact your YMCA to discuss Corporate Wellness Opportunities.
- 2 Meet with your corporate Y representative to: determine your workforce wellness needs and to customize your wellness package.
- 3 You and your employees 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 and 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



CONTACT & LOCATIONS

Christina Maxwell-Morrison,
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704.795.9622 x 247

KANNAPOLIS YMCA

101 YMCA Drive, Kannapolis NC 28081
704.939.9622

WEST CABARRUS YMCA

5325 Langford Avenue, Concord NC 28027
704.795.9622

HARRISBURG YMCA

4100 Main Street, Ste. 200 Harrisburg NC
28075
704.454.7800

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