At the heart of the Kelly Hall YMCA is the power to transform—both yourself and the world around you.

A CLOSER LOOK
As anyone who has gotten into shape will tell you, it’s not just about what you lose, but also about what you gain. Over the past two years, 44 year old Humboldt Park resident Sandra has lost 79 pounds, thanks in part to the free seven-week fitness classes offered at Kelly Hall YMCA. What has she gained from this experience? In a word, energy—both in how she now lives her life and in her desire to use her own weight loss story to motivate others in her community to do the same.

In addition to the fitness classes she continues to participate in, Sandra also takes part in healthy cooking classes offered by Kelly Hall Y. These classes are designed to help members learn healthy eating and cooking habits to help them sustain lifelong health and wellness.

With her new found energy, Sandra is now able to inspire others by what she has gained through her experience at the Y. “I’m aware of the high diabetes and obesity rates in West Humboldt Park,” Sandra said. “I want to help other community residents who are struggling to lose weight and change their unhealthy eating habits.”

WE’RE MORE THAN A GYM. WE’RE A CAUSE.
Every day, Y staff, volunteers, members, friends and community partners work side-by-side to tackle important issues impacting our community. We recognize that for communities to succeed, everyone must be given the chance to learn, grow and thrive. Focusing on youth development, healthy living and social responsibility, everything we do at the Y is an exercise in possibility.

Visit kellyhallymca.org to learn more.
HELP US GROW
STRONGER TOGETHER
You too can change a life by making a gift to the Kelly Hall YMCA. Because membership dues and program fees support our daily operations, 100% of your gift will go directly to serving children and families in need. The impact of your gift will be felt when:

• A child loses weight—and enjoys it—because at the Y, exercise is play.

• Teens develop communication skills that will help them land a summer job.

• A child living in a food desert has his/her only hot nutritional meal of the day.

Make a Gift. Change a Life.
To learn more call the Kelly Hall YMCA at 773.886.1220 or make your gift today at donate.ymcachicago.org.

ABOUT THE YMCA OF METROPOLITAN CHICAGO
The Kelly Hall YMCA is one of 23 centers, five camps and hundreds of partnerships and programs across the city and suburbs operated by the YMCA of Metropolitan Chicago. Collectively, we serve over half a million people with programs and services that provide opportunities for everyone to exercise their potential and have a greater, positive impact on society.

Learn more at ymcachicago.org.