



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
 WELL-BEING**
 & BELONGING

MISSION

We nurture a healthy spirit, mind, and body so all can thrive while honoring our faith-based heritage.

VISION

To be the catalyst to transform lives and communities.



**CONNECTION
 IN COMMUNITY**

2024 ANNUAL CAMPAIGN
MAGDALENA ECKE FAMILY YMCA
 THE ANNUAL CAMPAIGN MOVES OUR MISSION FORWARD TO ENSURE ACCESS FOR ALL.

OUR IMPACT

As a leading nonprofit, our Y is making a difference in the lives of the coastal North County San Diego's population.

54,158
 community
 members annually

COMMUNITY NEED

\$650,000 to provide equitable access to
 YMCA memberships, programs, and services.



OPENING OUR DOORS TO:

HEALTH EQUITY

MENTAL HEALTH

YOUTH DEVELOPMENT

ENSURING ACCESS FOR ALL



CREATING HEALTH EQUITY

We love our seniors!

Nearly 1,700 senior members and participants (55 years and up) enjoy regularly gathering with friends while working out, playing mah-jong, swimming, participating in our Rare Bears Sewing Club or discussing the latest novel in Book Club.

SUPPORTING MENTAL HEALTH

Through the LIVESTRONG program, we are able to **help cancer survivors reclaim their power** through all aspects of their journey, including working through anxiety and depression towards improved well-being.

NURTURING YOUTH DEVELOPMENT

Over 33,000

children engaged

with fulfilling enrichment activities through childcare, after school programming, camp and youth sports.

YOUR SUPPORT MATTERS >>>>>> ymcasd.org/eckegive

TESTIMONIAL



The 12-week LiveStrong Program gave me strength, hope, balance, motivation and friendship. Before I was isolated just going to doctor appointments and did not have a support group. I was reluctant to share my breast cancer journey thinking other stories would make me feel worse. The 12 participants started with trepidation not knowing what to expect. I thought I could not handle the exercise routine twice a week for the 75-minute class. By the end, we were laughing and felt the class was not long enough. Having a private coach watching you on the weight machines and tailoring your routine to your ability was a confidence-builder. I am now eager to continue my recovery journey with regular exercise at the Ecke YMCA. I am grateful to the LiveStrong team for my health breakthrough.- Karen

**GIVE.
 VOLUNTEER.
 SHARE.**



**SCAN
 QR CODE**

