



you can give a
gift
of *Life*



to someone like Deana

» Donate to the **YMCA Annual Campaign**

The Marystown YMCA opened in February 2016 and is providing experiences that are helping to transform the lives of residents from across the Burin Peninsula.

Deana says joining the YMCA is one of the best things that has ever happened to her. Since becoming a member, Deana has experienced life-altering improvements in both her physical and emotional health.

"Not only is my body healthier, I'm also coping better with my depression and anxiety. Coming here keeps me positive and focused. I feel supported at the YMCA and I am never judged."

With the support of the YMCA's Financial Assistance program and a lot of hard work, Deana has achieved the initial goal in her journey to better health and continues to set and meet new goals every day.

"My experiences at the YMCA have given me confidence and helped me become a stronger person, both inside and out. The YMCA has given me the gift of life."

YMCA
a charity where you belong

For more information, contact info@nl.ymca.ca

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