



FOR IMMEDIATE RELEASE

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**YMCA of Greater Louisville Encourages Community Health and
Opens Doors for Free Week**

LOUISVILLE, Ky. (August 20, 2019) – In an effort to improve the health of the community, the YMCA of Greater Louisville is opening its doors and offering free access to all YMCA area branches for one week, starting on Monday, Sept. 2 through Sunday, Sept. 8. The YMCA Community Health Week is designed to encourage people to be active and make better choices in terms of nutrition, exercise and overall well-being, and to connect with others in the community.

Participants are encouraged to explore facility offerings, including exercise equipment and group classes, and to discover new ways to improve personal health and to meet new people. Free healthy living assessments and facility tours will be available all week. The YMCA hopes people will establish, maintain and nurture new, healthier habits as a result. All that is required is a photo I.D. Participants under the age of 18 must be accompanied by an adult.

Steve Tarver, President and CEO of the YMCA of Greater Louisville reminds us that Dr. Thomas Frieden, former director of the Centers for Disease Control, says “Activity is the new wonder drug.”

“The YMCA is pleased to invite the community to any of our locations to set goals and establish methods to reduce chronic illness and to achieve your greatest health potential. The Y offers caring staff and a fun environment” said Tarver.

The Y strives to help strengthen the foundations of community, its primary mission for more than 160 years. When people join the Y, they become a member of a community that's committed to helping them and their family reach their full potential. Whatever programs they engage in, from childcare to family time to youth sports, the Y offers a safe, positive environment that encourages good health and fosters connections. The Y provides affordable childcare, youth sports and swim

lessons, in addition to helping teens make positive choices and ensuring area school children positive, enriching out-of-school activities. These elements come together to build a healthier, more vibrant community.

All YMCA of Greater Louisville branches, including those in Clark and Floyd counties in Indiana are participating in Community Week.

For more information about the Community Health Week at the Y, visit www.yocalouisville.org or call 502-587-9622.

About the Louisville area YMCAs

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. The YMCA has been listening and responding to the needs of our communities for more than 165 years. The Y is dedicated to building healthy, confident, connected and secure children, adults, families and communities.

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