

BUILDING WHAT MATTERS

A CAPITAL CAMPAIGN TO RENOVATE THE MANITOWOC-TWO RIVERS YMCA



CAPITAL CAMPAIGN UPDATE FROM THE YMCA

OCTOBER 2016



A LEADER IN OUR COMMUNITY BY INVESTING IN OUR FUTURE

"We value the YMCA's importance in our community. It serves people young and old, and is a wonderful asset for the city of Manitowoc. Wisconsin Aluminum Foundry feels privileged to be able to share and contribute to the future growth and success of the YMCA".



**WISCONSIN
ALUMINUM
FOUNDRY**

**THANK YOU TO THESE LONG TIME
MANITOWOC COMPANIES FOR SUPPORTING
THE YMCA**

**WE ARE THRILLED TO ANNOUNCE THAT
HAMANN CONSTRUCTION COMPANY
WILL BE THE GENERAL CONTRACTOR
FOR THE "BUILDING WHAT MATTERS"
CAPITAL CAMPAIGN**



Hamann Construction has been a staunch supporter of the YMCA for decades. "We've been involved in numerous additions and renovations to this facility because we believe the Y is a tremendous resource for our community," said Steve Hamann, president of Hamann Construction. "It's like an extended family. The YMCA helps to bring people closer together in a positive environment and provides opportunities to make the area in which we live a better place for everyone. It is a great testament to this organization that they are able to successfully meet their fundraising goals time after time. We are honored to be part of this worthwhile project and look forward to getting started."

**TOTAL PLEDGED TO
DATE: \$2,837,866**

205 MARITIME DR. MANITOWOC, WI 54221
www.mtrymca.org or 920.482.1529



LIVESTRONG®
AT THE YMCA



LIVESTRONG®
FOUNDATION



Partners in healing the whole person.

A Program for Cancer Survivors

LIVESTRONG at the YMCA is a 12-week small group program designed for cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease.

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG Foundation have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increase flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body.

Program Goal:

To empower cancer survivors to improve functional capacity and to increase their quality of life through an organized program of fitness and strength.

Testimonials: from LIVESTRONG Cancer Survivor Participants

"LIVESTRONG not only gives me a chance to return to fitness in a slow paced, individualized pace, but it also provides me with a supportive group of trainers and fellow cancer survivors."

"I started the program just one month after finishing chemo. I feel stronger than before cancer and can't wait to continue my exercise. I have also met 10 other people who will forever be my friends and survivors."

"When I started I was feeling very depressed. The support I got from fellow participants and from the leaders of the program was terrific. My stamina and strength has increased as well as my mental-well being."

JOIN US
FOR A FREE 12
WEEK PROGRAM
LIVESTRONG® AT THE Y CANCER SURVIVOR PROGRAM

LIVESTRONG AT THE YMCA

THIS 12-WEEK PROGRAM IS FREE FOR PARTICIPATING CANCER SURVIVORS



**BUILD MUSCLE
STRENGTH**



**INCREASE
FLEXIBILITY**



**STRENGTHEN
ENERGY LEVELS**



**IMPROVE
ENDURANCE**



**BETTER
MOOD**

REGAIN.

RENEW.

RECOVER.