



Cancer affects the whole family. The Waynesboro Area YMCA and the Waynesboro Area Cancer Auction have partnered together to help families who are dealing with a cancer diagnosis in the family. The Y is offering a variety of programs and support the family.

- Memberships
- Personal Training
- Swim Programs including swim lessons for all ages
- Summer Camp
- Before & After School Care
- Sports camps & Leagues

Let us know your family's needs so we can design a wellness program for you!



Waynesboro Area YMCA
(Est. 1915)

Mission and Vision

Mission:

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Vision:

The vision for the Waynesboro Area YMCA is to be a leader in creating experiences that strengthen families.

**Contact us for more information:
Waynesboro Area YMCA
717-762-6012
service@waynesboroymca.org
Waynesboroymca.org**



Waynesboro Area YMCA



HOPE STARTS HERE Cancer Support Program

**Waynesboro Area YMCA &
Waynesboro Area Cancer Auction
team together to bring
HOPE to families.**

**Waynesboro Area YMCA
810 East Main Street
Waynesboro, PA 17268
waynesboroymca.org**

HOPE STARTS HERE!

Help is Here!



ADULTS & SENIORS

Engaging in physical activity helps alleviate stress, anxiety, and depression, emotions commonly experienced by those battling or recovering from cancer. The YMCA fosters a community atmosphere, providing a support network. Adults and seniors with a cancer diagnosis can receive any of the following that best suites their needs:

- 1 year memberships
- Swim programs
- Personal training sessions

OUR COMMITMENT

The Waynesboro Area YMCA is committed to providing programs that help to keep individuals and families well. Physical fitness is key to a long and healthy life. Regular physical activity at the YMCA helps cancer patients maintain a sense of normalcy, boosts energy levels, and improves their overall quality of life. The Y offers fitness classes and other wellness programs open to all its members.

FAMILIES

Families come in all variety and sizes. Families can include parents, children, grandparents, and others. Talk to us about your family and the special needs you have to make it through this difficult time. Families with a cancer diagnosis can receive any of the following that best suites their needs:

- 1 year family membership
- Swim programs & lessons
- Personal training sessions

Supporting YOU is OUR goal!



The Waynesboro Area YMCA can complete its mission when supported by the generous donations like those from the Waynesboro Area Cancer Auction. Together, we can provide needed support programs for those facing and dealing with a cancer diagnosis.

Whether you or a family member has a new cancer diagnosis or you have been dealing with cancer for a while, the Y wants to support you and your family through this difficult time. Come talk to us about your needs because we want to help make your life a little easier.

WE WANT TO HELP!