



FIRST FRIDAY REPORT



A Monthly Update for Friends of
THE YMCA OF METROPOLITAN DALLAS

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JANUARY 2019

Dear YMCA Friends,

Here are a few highlights of what's happening through your YMCA:

Youth Development Since 1946, Texas Youth and Government (Y&G) has taught teens to become responsible citizens and future leaders of our nation by providing hands-on experience in the mechanics of government. Whether arguing a case, reporting a story or proposing a solution, delegates learn skills for a lifetime. In addition to practical skills, 73% of participants said Y&G increased their school performance and 76% said they were extremely likely to vote when they turn eighteen. The statewide conference will be in Austin at the end of the month and Dallas will send nearly 500 to the annual event. To learn more, visit: ymcatexasyg.org



Healthy Living The New Year is upon us and for many it's the time to set resolutions to eat healthier and exercise more. We know that being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. We have programs and services to focus on your entire family's health, as well as a variety of fitness and wellness options to serve each person's unique needs. At the Y, we also provide educational programs to encourage healthier decisions, so you know the best ways to stay fit. We offer the latest fitness classes, personalized training programs, sports leagues for all ages, and so much more. Our staff is ready to assist you wherever you are in your journey. We welcome our new members and thank our long-time members for your ongoing support.



Social Responsibility As part of the Ys effort to help youth succeed, the Dallas YMCA offers, through the YMCA of Metropolitan Dallas Foundation, a scholarship program for graduating high school seniors living in the Dallas area with an affiliation with the Dallas YMCA. Selections are based on college entrance scores, high school grades, financial circumstances, community service, the individual's personal motivation and desire for furthering his/her education. Students have an opportunity to receive renewable scholarships up to \$3,000 per year for 4 years. For more information, contact: collegescholarship@ymcadallas.org.



Thank you for your continued support. Happy New Year to you and your family.

In spirit, mind, and body.
Sincerely,

A handwritten signature in black ink, reading "Curt Hazelbaker". The signature is fluid and cursive, written on a light-colored background.

Curt Hazelbaker
President and Chief Executive Officer

