



FIRST FRIDAY REPORT



A Monthly Update for Friends of
THE YMCA OF METROPOLITAN DALLAS

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Dear YMCA Friends,

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

Youth Development The YMCA of Metropolitan Dallas and Big Brothers Big Sisters (BBBS) Lone Star have partnered to provide unlimited membership access to all Dallas and Fort Worth YMCA branches where you and your Little can hang out and do fun activities together. The YMCA provides a free membership for Big and Littles, valid at all Dallas and Fort Worth locations. You and your little can continue to do fun activities and work out together, or separately! The YMCA is a great and safe place to develop your relationship with your Little. Visit www.ymcadallas.org/BBBS to learn more.



Healthy Living The YMCA's Diabetes Prevention Program is based on the landmark Diabetes Prevention study, funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC), which showed that by eating healthier, engaging in moderate physical activity and losing just 7% of your body weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by up to 71%. That's only 14 pounds for a 200-pound adult. In a small group setting a trained lifestyle coach will help you build healthy lifestyle habits by introducing new options for healthy eating, physical activity and other healthy lifestyle changes. All sessions are one-hour in length.



The program begins with 16 consecutive weekly sessions, transitioning to three sessions every other week, then one session each month for 6 additional months to cement the positive changes to your new healthy lifestyle. Learn more at www.ymcadallas.org/YMCADiabetes

Social Responsibility Recently, we received exciting news from Charity Navigator. Charity Navigator is an independent organization that aims to accentuate the work of efficient and transparent organizations. The intent of their work is to provide donors with essential information to give them greater confidence in both the charitable decisions that they make and the nonprofit sector. The letter we received read, "We are proud to announce YMCA of Metropolitan Dallas has earned our second consecutive 4-star rating. This is our highest possible rating and indicates that your organization adheres to sector best practices and executes its mission in a financially efficient way. Attaining a 4-star rating verifies that YMCA of Metropolitan Dallas exceeds industry standards and outperforms most charities in your area of work. Only 31% of the charities we evaluate have received at least 2 consecutive 4-star evaluations, indicating that YMCA of Metropolitan Dallas outperforms most other charities in America. This exceptional designation from Charity Navigator sets YMCA of Metropolitan Dallas apart from its peers and demonstrates to the public its trustworthiness." We are honored to receive this recognition and the important message it sends to the community.



Thank you for your continued support.



In spirit, mind, and body.
Sincerely,

Curt Hazelbaker
President and Chief Executive Officer

