



Photo courtesy Oshkosh Northwestern

GETTING BETTER EVERY DAY

Plan gastric bypass surgery or order a wheelchair. Those were the options Carol’s doctor gave her as a way to handle her weight problem. “That woke me up,” Carol said. It was the nudge she needed to motivate her to make a change. Carol didn’t want to rely on a surgical procedure to lose weight; instead, she decided to make changes in her life – changing her eating habits and getting up off the couch and getting active – to help her achieve her weight loss goals. Her doctor didn’t think she’d be able to do it on her own. “He told me I’d be more likely to be struck by lightning than to lose this on my own. What’s the difference if I try to do it on my own or have gastric bypass and be forced to do it?” she said.

Three years after she first stepped foot in the Y, Carol has lost more than 150 pounds. She’s gone from using a walker and needing help getting in and out of the pool, to riding her bicycle to the Y and teaching a water aerobics class. “Walking into this place was the scariest thing I ever did,” Carol said. “But this was like home. Everybody was welcoming.” Carol’s determination and willingness to work hard and stick with her exercise routine, along with the support she received from the Y staff and members were key to her success.

Carol’s success story would not be possible without financial help from the Y. Living on a fixed income limits her access to a place that offers a safe and nurturing program for her to achieve her health & wellness goals.

GIVE TODAY

Every dollar donated to the Oshkosh Community YMCA has a lasting impact on the people of our community. Give today for a better us.

\$5,000 \$1,500 \$1,000 \$500 \$250 \$100 \$50 Other \$ _____

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

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Check Enclosed (payable to Oshkosh Community YMCA) Bill at once Remind me during the month of: _____

Visa Mastercard Discover

Card number: _____ Exp Date: _____ / _____

My employer has a gift matching program **DONATE ONLINE WWW.YMCA.NET/GIVE**

CONNECT TO YOUR CAUSE

Working with generous donors like you, the Y provides everyone the opportunity to be healthy and thrive, to connect with others, and contribute to a better community. Everything the Y does is in effort to make individuals and our community — better.

We have an extraordinary opportunity to ensure a brighter future for our community, but we must take action today. Your support makes it possible to be...a better us.



- \$50** helps two kids **discover** themselves through dance, swimming, gymnastics or youth sports
- \$100** helps one child gain new skills and **confidence** at one week of day camp
- \$250** provides 50 teens the opportunity to have a night of fun in a **positive**, chaperoned environment
- \$500** helps an entire team of kids learn new skills, **sportsmanship** and values through youth sports
- \$1000** provides two families the opportunity to belong at the Y, giving them a safe, fun and **healthy** environment to learn, grow and thrive

www.ymca.net/give

The Y.™ For a better us.™

PLACE
STAMP
HERE



OSHKOSH COMMUNITY YMCA
324 Washington Avenue
Oshkosh, WI 54901



TOGETHER, WE CAN CREATE A BETTER US



Every day, the Y gives our community the support it needs to learn, grow and thrive. From advocacy to education, disease prevention to athletics, football to dance classes, everything we do helps strengthen our neighborhood and the people who live here.

But keeping our community strong is a full-time job. Every day, we face new challenges that create a greater need for the work we do. And we need your help to do it. Your gift can help our community and everyone in it shine.

The Y.™ For a better us.™

Annual Campaign
www.ymca.net/give



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY