



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THRIVING IN SPIRIT, MIND AND BODY

When we're in balance, things are always better.



It's one thing to lift a weight or run a mile, but it's another to admit you're feeling sad, lonely or anxious. Asking for help is hard, but the Y strives to make it easier by opening its doors to ALL. We offer resources and support for the spirit, mind and body so that people can truly thrive.

**Prolonged loneliness** negatively impacts the body as much as smoking **15 cigarettes a day**.

Y members are part of a community of **over 200,000 individuals** improving their wellbeing, spirit, mind, and body.

**Over 18,000 people** receive financial assistance to access a Y membership.

**35.6% of Tennessee adults are obese** and lack access to supportive environments.

**1 in 5 Tennessee adults** experience mental illness. **A third of Americans** have canceled or reduced therapy sessions for financial reasons.

The Y has **13 chaplains** and **over 20 support groups** available to all members to provide confidential support **in times of need** or crisis.

Our Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping people grow in spirit, mind and body.