



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONGER TOGETHER

ANNUAL SUPPORT CAMPAIGN

“As my Personal Trainer, Tammy has encouraged me to keep going despite my Parkinson’s disease, congestive heart failure, and a broken hip which was followed by a broken femur on the same leg! If the Y had not been available, I might be sitting in a wheelchair!”

- Dirck Born

» GIVE ONLINE TODAY!
www.penbayymca.org

PENOBSCOT BAY YMCA
207.236.3375