

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, February 3, 2023 10:00 AM
To: Morgan Murphy
Subject: Our HEART is in everything we do!



American Heart Month

February is American Heart Month, and with recently published research indicating blood pressure control has worsened in both men and women since the onset of the COVID-19 pandemic, it's important to use this month to get a blood pressure screening and focus on becoming heart healthy.

Tips To Become Heart Healthy

Boys & Young Men of Color Initiative

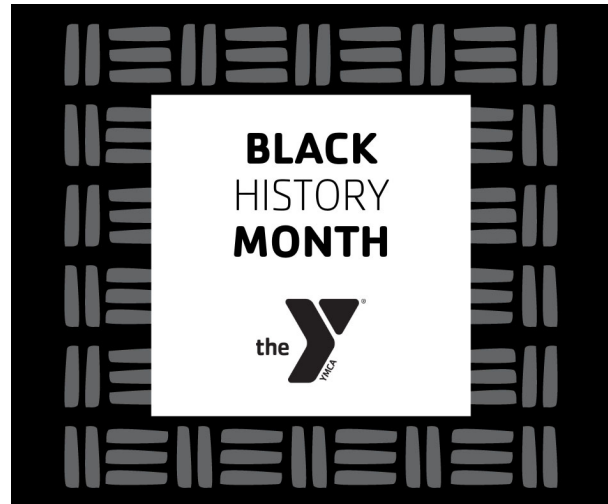
Y-USA selected the YMCA of the Treasure Coast to participate in its [Boys and Young Men of Color \(BYMOC\) Initiative](#). The BYMOC Initiative brings together 100 YMCAs for the purpose of developing and implementing a nationally-scalable model to improve life outcomes for boys and young men of color.

Read More About Our Involvement

The history of the YMCA – like the history of the United States – is a story of incremental progress toward greater inclusion and equity for all. As we celebrate Black History Month, we are honoring the stories of Black leaders who helped move the Y – and America – forward.

[Read More History](#)

Join us in taking a stand against racism by wearing black on February 24th.



CLASSES FOR CAUSE

Help Us Build A Stronger Community



Come To A Class - Make a Difference

WEDNESDAY, FEBRUARY 22ND
7:30 - 11:30am

Try a new class and donate to our annual campaign:

- Any amount gets you our Y "Here for Good" sweat towel and
- \$100 or more get you our new "Here for Good" shirt!

No need to sign up, just show up! This event is open to non-members as well. All proceeds go toward our summer camp and swim lesson scholarships.



[View Class Schedule](#)

MEMBERS FOR A CAUSE

We Can Make A Difference Together!

For \$25, we can give a child in need a swim lesson or we can give a family the opportunity to become healthier!

For \$50, we can provide a week of safe After-School child care or we can help a single parents with a month of YMCA membership to stay healthy and be connected with others!

For \$100, we can change a child's life by providing a week of Summer Camp or we can give a family a month membership to stay healthy, get fit and grow together as a family!*



Gifts of any denomination are greatly appreciated and 100% of all donations go to help local families who demonstrate financial need.

[Donate Today](#)

*\$100 Donors will receive our "Here for Good" shirt, [email us](#) to request a size!

Youth Sports



"My children have been playing soccer at the Y for over 2 years, they look forward to every practice and game. They have made many new friendships with other players that continue off the field. The coaches are amazing and help teach the kids courage, team building and leadership skills on the field. Fred is a fantastic Sport Director, he makes sure all practices and games run smoothly. He quickly responds to any questions or requests. Most of all, it's a safe and fun environment, we look forward to many more years at the Y." - Shani Snyder

Registration for Basketball, Flag Football and Soccer is now open until March 5th.

[Register for Youth Sports](#)



EVENTS

Youth In Government

Constitutional Debates



We will be hosting the Constitutional Debates for our Youth In Government Program on the following dates:

- **February 27, 2023 for South Fork High School at the YMCA**
- **February 28, 2023 for Jensen Beach High School at the YMCA**
- **March 2, 2023 for Martin County High School at the YMCA**
- **April 14, 2023 with the Finalist from all schools at the YMCA**

Each debate will be from 10:00am – 12:00pm in the Wicina Center at our Stuart Branch, 1700 SE Monterey Road.

[Learn More About YIG Program](#)

Secret Garden Soiree

Event Will Sell Out - Buy Your Tickets Today!

Come join us for a Magical Evening of Dinner and Dancing at our 2nd Annual **Secret Garden Soiree** to help raise funds for the [YMCA Indiantown Pool Renovation Project](#).

Secret Garden Soiree
Join us for a Magical Evening of Dinner & Dancing

Get Your Tickets Now!
\$175 Per Person

Event Will Sell Out!

Plated Dinner
Open Bar
Music
Raffles
Live Auction
and More!

Cocktail Attire

Proceeds Benefit:
The YMCA Indiantown
Pool Renovation

Saturday, March 25, 2023 6-10pm

Rockin H Ranch
4181 SW Boatramp Ave, Palm City, FL

 FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Visit our website for Ticket Purchases
and Sponsorship Opportunities:
Ymcatreasurecoast.org/Events



Saturday, March 25, 2023
6:00pm - 10:00pm

Rockin H Ranch
4181 SW Boatramp Ave
Palm City, FL

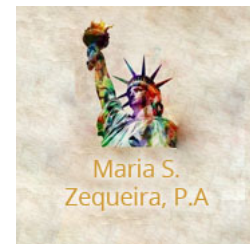
Tickets On Sale Now!
\$175 per person

Cocktail Attire
Plated Dinner
Open Bar
Music
Raffles
Live Auction
and More!

This event will sell out!

Click Here to Purchase Your Tickets!

Sponsorship Opportunities Available



11th Annual Health Summit

Brain Health Across the Lifespan

Saturday, April 1, 2023

9:00am to 12:00pm

Willoughby Golf Clubhouse

3001 SE Doubleton Drive, Stuart



Dr. Nussbaum will be presenting on the basics of the human brain and how to keep the brain healthy over the entire lifespan with his Brain Health Lifestyle®. He will also provide insights to possible conditions of the brain in late-life such as Alzheimer's dementia and related disorders. The talk is designed to be informative, personal, and fun.

Dr. Nussbaum is board-certified in Clinical Psychology and Geropsychology with a specialization in Neuropsychology. He has presented his views on brain health at the United Nations, National Press Club, Mensa, Sirius Radio, and CSPAN.

RSVP for Health Summit



**Give the Gift of a New House for
Valentine's Day!**



Treat yourself or someone special to 5 FREE tickets to win a new house (or \$250,000 in cash) when you buy 5 with promo code **HEART** (online only) between now and February 15th.

Click to Buy 5 + Get 5 FREE

As a bonus, with every Easter House transaction you make in February you will automatically get one entry into our February \$1,250 Monthly Cash Drawing!



SPOTLIGHT

Certified Praesidium Guardian



Charlene Lyons, SHRM-CP

In our efforts to provide a safe environment to those in our organization's care, our CEO, Charlene Lyons, has become a Certified Praesidium Guardian! This demonstrates her committed to creating a culture of safety through risk management and best practices in sexual abuse prevention.

Charlene successfully completed a robust certification process where she become proficient in best practices in organizational abuse prevention that includes specific steps to prevent incidents of abuse by employees, volunteers, or program participants. She also demonstrated her knowledge on how to respond effectively if an allegation or incident occurs, and how to ensure that the YMCA of the Treasure Coast stays current and consistent in the implementation of abuse prevention best practices. For more information about this program please visit www.praesidiuminc.com.

CERTIFIED
PRAESIDIUM
GUARDIAN

Read More About Certification

Connect with us on:



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United Way of Martin County



United Way of
St. Lucie & Okeechobee



YMCA of the Treasure Coast | 1700 SE Monterey Road Stuart, FL 34996

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