

UNITED WAY OF BROOME COUNTY



Agency Name: Broome County YMCA

Program Name: Senior Wellness Programs

Program Success Story:

My husband and I both come to the YMCA at least once a week for both the socialization and support we get from the other members and to keep us moving. I suffered from a stroke a few years back and have many limitations of what I can do physically; my husband suffered from a fall and has mobility issues as well. We both enjoy the environment at the YMCA – both the staff and other members are so helpful and very friendly with us. The aquatic environment gives us both a chance to move in ways that we can't on land. I wish I was able to get to the YMCA more often.