

## YMCA of Metro Atlanta **2023 IMPACT** AT A GLANCE

#### Friends,

As we reflect on 2023, we are filled with gratitude at the collective impact we have achieved together. This past year marked a significant milestone—165 years of the Y serving the Atlanta community. Since 1858, we have stayed true to our mission to build healthy mind, body, and spirit while continuing to adapt and evolve to meet critical community needs.

In our 165th year, we continued our commitment to be the organization that champions communities where everyone belongs. Across our network of more than 30 branches and early learning centers, we engaged more than 173,000 individuals. Our approach is simple – promoting a sense of belonging and achievement, while fostering authentic relationships.



From early learning to afterschool, youth sports to aquatics, camp to teen leadership, we focus on a year-round approach to help youth build the skills they need to grow, thrive and own their futures.

From Pilates to Parkinson's classes, wellness coaching to diabetes prevention, from basketball to pickleball, we focus on an inclusive approach to whole person health that supports disease prevention and intervention.

From safety around water to food insecurity, health screenings to community gardens, our community outreach initiatives have been a lifeline for many, with thousands of families receiving nutritious food, essential health services and a place to belong.

None of this work would have been possible without your support. We are grateful for your partnership, which continues to inspire us. We invite you to continue this journey with us, collectively building a healthier and stronger community one person at a time.

Below, you will find numbers, stories, photographs, and videos that reflect our shared achievements in 2023. We hope you take pride in the deep impact your contributions are making.

Thank you for your belief in and support of the mission and work of the Y.

Gratefully,

Jeff Beckham 2023 Board Chair

Lann Awert?

Lauren A. Koontz President & CEO



Scan to learn more about the YMCA of Metro Atlanta's impact in our community!

# **IMPACT STATISTICS**

MISSION: Reflecting its Judeo-Christian heritage, the YMCA of Metro Atlanta is an association of volunteers, members, and staff, open to and serving all, with programs and services which build spirit, mind, and body. **VISION:** To be the organization that champions communities where everyone belongs.

VALUES: Caring, Honesty, Respect, Responsibility

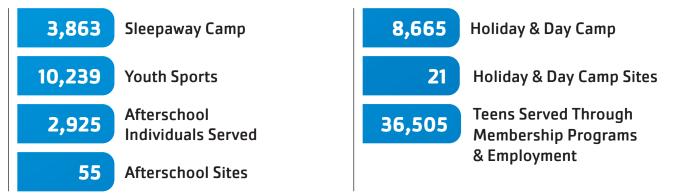
### **HEALTH & WELLNESS**



#### EARLY LEARNING



#### **YOUTH ACHIEVEMENT**



### ACCESS & EQUITY FOR ALL



**Financial Assistance** 



Meals Served To Food Insecure Children & Families