



Agency Name: Broome County YMCA  
Program Name: Youth Health and Wellness  
Program Success Story:

At nine years of age, Chris has become a shining example to his family and friends; an example of how living a healthy lifestyle is so important. This hasn't always been the case though. Self-conscious of his weight issues and tired of being picked on at school, Chris decided to do something about it. He heard about the YMCA Youth Wellness Center and decided to make a change in his life. The change in Chris has been remarkable. His self-confidence and self-esteem have gone up and his weight has come down. He now promotes the Youth Wellness Center among his friends and loves bringing them as guests. His behavior has also influenced his Mom who decided to join in three days a week to exercise. Well done Chris.

Timmy is 13 years old. He wants nothing more than to be good at sports, like so many other kids his age, but he has an extra hurdle to overcome because he's autistic. His mom was nervous about how the other kids would react to him, so she brought him to the YMCA. As much as Timmy loved to play basketball, nobody wanted Timmy on their team because he couldn't dribble. Through participation in the Y's basketball program he's worked hard with the coaches to learn a lot more than just dribbling skills. Timmy is now far more confident and a great team player. All the other kids now enjoy having him around and make him feel like one of the team! Now that the season is over, Timmy's mom says basketball is all he talks about and that signing him up for the league was the best decision she ever made.