



Healing with the help of a supportive and encouraging community

Physical activity is something I have always enjoyed and prioritized throughout my life, so I was devastated when I became disabled. I was in debilitating pain from my sciatica, fibromyalgia, and arthritis in my knees and lower back. I tried so hard to continue working, but in the end, I had to go on disability as the pain was just too much to continue with my job. I was suffering and it constantly felt like I had the flu.

The adjustment period was extremely hard on my mental wellbeing. I was suddenly very limited in what I could do physically and financially. I went swimming the odd time to keep active but couldn't afford much else.

I am normally a very positive person, but I sometimes found myself slipping into a dark place.

My friend encouraged me to try the Downtown Y with her. I knew I needed to get out of the house for my mental health, so I agreed to a free trial assuming it would be short lived. I knew it was what I desperately needed but assumed I wouldn't be able to afford an ongoing membership.

I absolutely loved the staff, atmosphere, and facility right away. The place had such a community feel to it and everyone was so friendly. It gave me a reason to get out of the house during this strange

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time. I really didn't want my experience to end and was thankful to learn about their financial assistance program which made it possible for me to continue going past my trial period.

Now I come in three times a week and it's had substantial effects on my mental and physical health.

The Downtown Y is my happy place. It has provided me with a healthy routine, sense of community, and a safe place. I've been to many different gyms and the Downtown Y is

one of the nicest, friendliest, and cleanest I've been to.

Honestly, if I couldn't come to the Downtown Y, I would be in a very dark place.

As a local charity, the Y is here to help you shine – mentally, physically and emotionally. With safe spaces, a variety of classes, pool access and many speciality health programs specifically designed for the 50-plus community. Their health coaches will meet you where you're at and help you reach your fitness goals. If, like Hollis, you're seeking consistent habits and people who will encourage you in your healing journey, please send an email to hello@ymcasibc.ca or call 250-491-9622 to learn more.

Many of the Y's programs would not be possible without the generosity of donors, funders and community partners. Learn more about the YMCA of Southern Interior BC at ymcasibc.ca.



Make these your brightest years.

Our specialty health and fitness programs help people of all mobility levels thrive.

- ▶ Health Coaching
- ▶ Chair Yoga
- ▶ Breathe Well
- ▶ Healthy Hearts
- ▶ Healthy Hips & Knees
- ▶ Health Assessments
- ▶ Low-Impact Options
- ▶ Aquatic Fitness Classes

Call us at **250-491-9622** to learn more!

Locations include:

Kelowna Downtown Y | 1011-505 Doyle Ave

Kelowna Family Y | 375 Hartman Road

H₂O Adventure + Fitness Centre | 4075 Gordon Drive

ymcasibc.ca

