



For Immediate Release

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YMCA Helps Community Members Tackle Economic Stress

(Chicago, IL) Feb. 4, 2009—The YMCA of Metropolitan Chicago recently unveiled a health and wellness initiative aimed at helping Chicagoland adults and families cope with the increased stress levels that they are experiencing.

According to the American Psychological Association’s Stress in America survey, 76 percent of Chicago residents cite money as a significant source of stress; 69 percent cite the economy; and 66 percent cite work.

“We have to give people a way to work out some of that stress, whether it’s encouraging them to hop on a treadmill or giving their kids a safe place to be after school. Without this type of outlet, more people are at risk of hypertension and other health concerns. The more we can help them manage the stress surrounding these difficult times, the better their quality of life will be,” said Steve Dahlin, Chief Operating Officer of the YMCA of Metropolitan Chicago.

The initiative, referred to as the 2009 YMCA Health Stimulus Package, provides financial relief to all YMCA members. Its benefits include: a rate freeze at all locations and for all programs; \$50 discount on summer programs, including day camp; and offering members their 13th month of membership free.

Additionally, the YMCA always offers financial assistance for anyone who is unable to pay full rates.

To find a YMCA near you, please visit www.ymcachgo.org.

Through its 65 locations and more than 100 extension sites, the YMCA of Metropolitan Chicago helps children learn and grow, teaches young people to lead, brings families closer, and encourages individual health and well-being. The fourth largest non-profit in Chicago and one of the largest human services organizations in the nation, YMCA programs impact hundreds of thousands of lives annually, helping to strengthen neighborhoods and respond to community needs across Chicagoland. To learn more, visit www.ymcachgo.org.

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