
5 WAYS TO STRENGTHEN YOUR Y RELATIONSHIP



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EAST BELLEVILLE YMCA

2627 Carlyle Ave Belleville, IL 62221

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www.ymcaswil.org

1. Share your email, update contact information and get online!

Relationships benefit from frequent communication. Utilize all avenues in today's fast paced world so you can keep up to date with programs, promotions, special events and more. Check out our website & Facebook page.

2. Pass along positive comments

Have you seen a member or staff member doing something good? Let them know! Sharing praise – even a thank you – can build a motivating, environment for everyone.

3. Try a new class or event

New experiences stretch our spirit, mind and body. Does Zumba sound exciting? How about a dip in the pool for water aerobics? Mix it up for a way to keep motivated and meet other members!

4 Invite a friend or family member

Share your love of the Y with someone else! Having someone to workout with or connect with at the Y is great support for your health and wellness journey and builds a stronger Y community overall.

5. Get involved

Seek out opportunities to help or volunteer – one-time or long-term. Sharing a little time and talent improves your well-being, sets a great example for your family and builds a better Y community for all!

