



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

For Immediate Release

Media Contact:

Lalita Llerena
Communications Director
813.224.9622 ext. 1240
813.545.7772 (cell)
Lalita.Llerena@tampaymca.org

This New Year, Join a Cause for Community

Tampa, FL (Jan. 2, 2018) – This New Year, the [Tampa Metropolitan Area YMCA](#) invites the community to join a cause for community. When dealing with life’s daily demands, people need a place to go where they can feel supported - a place where adults can find life balance; children can reach their full potential; seniors can be active and find camaraderie; and families can connect and strengthen relationships. By becoming involved with the Tampa YMCA, individuals have the opportunity to improve their health and well-being and connect with the community, all while participating in their favorite program or activity at the Y.

“The Tampa YMCA is a community that is dedicated to helping individuals achieve a balance of spirit, mind and body,” says President & CEO Matt Mitchell. “We encourage everyone to get involved by joining the Y where they can take advantage of the resources and support to be healthy and connected.”

To help more people benefit from the Y in 2018, the Tampa Y is waiving the join fee during the month of January, which is up to \$49 in savings! The Tampa Y invites the community to [take a tour](#) and learn about its variety of programs to help achieve greater health and well-being, nurture youth and inspire individuals to give back to better their community.

As a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility, the Y seeks to ensure everyone - regardless of age, income or background - has an opportunity to learn, grow and thrive. To keep the Y’s doors open to all, financial assistance is available to ensure participation in all programs among youth, adults and families facing financial hardship.

This New Year, join a cause that benefits yourself as well as your community. Log on to <https://www.tampaymca.org/> and let one of 12 locations help you take the best care of yourself in 2018! And if you’re traveling in 2018, Nationwide Membership gives you access to [YMCA facilities](#) across the U.S. This way, you can use the Y as often as you’d like, making it easier to achieve your health and wellness goals.

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The Tampa Metropolitan Area YMCA is a cause-driven [4-star charity](#), strengthening Hillsborough and East Pasco communities for 129 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage nearly 160,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community’s health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org