



United Way Community Hubs Improve Health for Older Adults

After having major leg surgery, Franchesca, age 63, feared she'd never walk without assistance again. After two years of struggling, she turned to her community and found fitness classes at the Greater Valley YMCA Slate Belt.

Greater Valley YMCA Slate Belt in Pen Argyl is a United Way Community Hub—an easily accessible gathering space with programming tailored to older adults. United Way Community Hubs offer connections to healthy food, health care and other resources that can increase quality of life. Participants delay the onset of chronic illnesses and improve their physical and mental health as well as their economic well-being.

After two years, Franchesca continues to attend at least two classes daily including dance fitness, Tai Chi and water aerobics. She celebrates every flight of stairs she climbs unassisted and gives back so Greater Valley YMCA Slate Belt can continue to provide classes and services.

“The staff and members make me feel like family. Because of the ‘Y’, I’m mobile again.”

Thanks to United Way supporters, the Greater Valley YMCA Slate Belt can offer enhanced fitness classes with upgraded equipment, provide classes for the whole family with garden beds and distribute produce boxes weekly allowing them to serve their members in different ways.

Designate your gift to Healthy Aging to help fund initiatives like United Way Community Hubs so people like Franchesca can increase their quality of life.

[Give today.](#)