



Y STORY OF THE MONTH

This month's Y-story is one of recovery and strength, in the experience of Lise Haizlip. Lise and her husband, Dr. Tom Haizlip, became part of the Y family in 2007 when it first was established in Avery County. For many years Lise's time spent at the Y has expanded and contracted, based on family and work demands, leading up to the last five years not spending much time at the facility at all.

In 2022, out of the blue, Lise received a cancer diagnosis that radically changed her life and outlook. She began intensive radiation and chemotherapy which led to a 30 pound weight loss, feeding tube, and an inability to walk or speak. As she worked through the treatment process, and the steps required to re-learn how to walk and speak, she often found



herself discouraged and unable to see a positive outcome or find any kind of certainty in the days to come. After a difficult period of recovery, Lise began to feel well enough to return to the Y, beginning with Sheila's Stretch, Tone, and Balance class. Sheila and the members of the class lifted her up, cared for her, and supported her through the end of her recovery. She attended Sherry's Dance Fitness class, where she found pure joy and freedom, and Active classes, during which she was encouraged and motivated, as Edie challenged her to push through and find her strength. Strength training has been integral to her recovery and is now part of her routine, in addition to the group fitness classes she attends.

Through her recovery and the rebuilding of her wellness and strength, Lise discovered friendships and relationships at the YMCA that sustained her when she needed it most. She has been cancer free for a year, and feels even stronger than before the diagnosis. She will soon start working again as an RN. When you see her at the Y, I'm sure you will find someone filled with encouragement, support, love and so much hope for healthy and happy days to come!

For All

This May the Williams YMCA of Avery County has something for everyone!



Fore The Kids: Marjorie Williams Memorial Golf Tournament

We are proud to continue growing Leonard and Marjorie's legacy and the impact that they have had and will continue to have on those in the community. While they are no longer with us their support and passion to ensure children and other vulnerable populations receive the services they need will live on. The annual golf tournament not only serves to honor them but to continue their work by raising funds for scholarships for children and families in need. *All teams are full for the 2023 tournament, we look forward to seeing you in 2024!*

Healthy Kids Day®

Healthy Kids Day is the Y's national initiative to improve the health and well-being of kids and families. For over 30 years, YMCA's and their communities have hosted free community events to inspire kids and families to keep their minds and bodies active throughout the summer months and beyond. **BLOCK Fest** is a research-based, interactive exhibit that promotes early math and science learning for young children through block play. **This year**, we are combining Healthy Kids Day® and BLOCK Fest! This day-long event will feature activities ranging from dancing and face painting to putt-putt and bounce houses (with so much more in the works). All activities are designed to inspire kids to get active while simultaneously teaching families how to develop routines that support mental and physical health at home. Also, Abby Cadabby is coming to Healthy Kids Day! We can't wait to see you on **Saturday, May 13th!**

National Senior Health and Fitness Day

National Senior Health & Fitness Day is an annual health and wellness event for older adults. The 30th annual event is set for Wednesday, **May 31, 2023**. This will be the first time in 3 years that the Williams YMCA will be able to resume celebrations for this yearly event! The goals of National Senior Health & Fitness Day are to promote the importance of regular physical activity, and to show what local organizations are doing to improve the health of older adults in their communities. Join us to learn about all of the resources available in Avery County for older adults!

UPCOMING AVERY PROGRAMS...



There's No Place Like Home!

Happy Earth Day! How will you celebrate? In celebration of Earth Day, we are supporting our community partners



Youth Sports Need Volunteer Heroes!

Calling all heroes! It's National Volunteer Month and the Williams YMCA wants to share some amazing



The Coach Approach

Did you know your membership comes with **4 FREE Wellness Coaching Sessions?** The Coach Approach is a free One-



Thank You!

Member Appreciation Day is here!! We appreciate each and every one of our members who make it possible for us to have a YMCA in our

in and sharing 4 easy ways you can help protect our planet!

Tip#1: Reduce, Reuse & Recycle. Cut down on what you throw away and recycle what you can!

Tip #2: [Volunteer](#). Get involved in volunteer opportunities, from [community cleanups](#) to local advocacy work!

Tip #3: Eat Local. Support local [farmers](#) and save money, energy and fuel!

Tip #4: Shop Wisely.

Buy sustainable products that help reduce your carbon footprint!



Summer is Coming!

Summer is just around the corner, and we are super excited to host Summer Camp again this year! Continue to monitor your emails, social media, and our website as we release registration details.

[Youth Programs Webpage](#)

[Update Your Email Preferences](#)

volunteer opportunities available right now! Visit our website or stop by the Welcome Center for more info on becoming a Y volunteer.

For more information about volunteering with our Youth Athletics programs email [Faith Boyette](#) for upcoming volunteer opportunities!

[Learn More Online](#)

[Call The YMCA Welcome Center](#)

on-One Wellness Coaching program for YMCA members who would like to take their fitness to the next level. Don't miss out on this opportunity to learn more about the Wellness Center and what it has to offer. This opportunity also gives you a chance to fine tune your workout. Stop by the welcome center today to learn more and meet a trainer!

[Tell Me More!](#)



Diving For Eggs

Join us for a party in the pool **TODAY** from 12-3 pm! the YMCA will hold a Floating Easter Egg Hunt where children swim to find as many eggs as they can. **Egg baskets will not be provided, please bring your own.** When they are done eggs can be exchanged for candy. There is no additional cost to join the fun! **Non-YMCA members will have to pay a YMCA guest fee.** For more information contact Aquatics Program Coordinator, [Faith Boyette](#).



No Weights Necessary

Our Corrective Exercise Specialist, Ann Marie, will be hosting the **Bands for Strength Training Workshop** on April 8th from 11:30am-1:00pm.

This workshop is open to anyone for only \$20. **Pay when you come, no need to register!**

This is a great opportunity to work with one of our trainers on a specific skill that can add variety to your current workout.



Facility Improvement Update

Just in time for Spring several of the renovation and facility updates have been completed including painting and carpet replacement in the lower part of the YMCA, new fans in the group exercise spaces around campus, and updated area signs. The

Playground will be completed in the next few weeks with a new fence and landscaping.

Thank you for your patience while we were completing these updates. We are excited for you and your family to experience these updates with us!

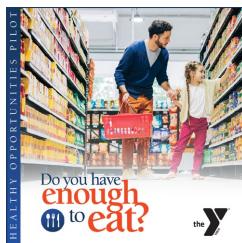
UPCOMING MITCHELL PROGRAMS...



Mitchell County Family Engagement

Our After School program is more than a place for children to go after school. It's a safe place where YMCA staff help children grow physically, emotionally, and socially. We also hold quarterly Family engagement events for parents and caregivers of students enrolled in the program. This month we have invited community organizations to come and discuss Mental Health, substance prevention, and food insecurity.

[Can You Tell Me More?](#)



Do You Have Enough to Eat?

If you have Medicaid Managed Care, you may qualify for free services like healthy food boxes, fruit and veggie prescriptions and medically tailored meals through the Healthy Opportunities Pilot. Call 828-278-9900 or visit impacthealth.org/hop to learn more! Check out the [YMCA's website](#) to learn more about how the YMCA is participating in the HOP program.

[Learn More Here](#)



Getting Outside to Play!

The HIVE is a unique youth outreach collaborative program between The Mitchell County Housing Authority and PENLAND School of Craft. The YMCA is partnering with this fun program, offering bilingual, cultural, and physical health support to youth and families. During the Spring, twice a month the YMCA teaches the youth how to play different sports. This month we will be teaching the kids about basketball and volleyball, both of which were invented by the YMCA!



Getting Involved

The Williams YMCA of Avery County continues to build connections within Mitchell County. Throughout April you can join us as our staff participate in: Health Resource Event in partnership with the Avery NC Cooperative Extension and High Country Community Health on April 1st, [Burnsville Fit Families 5K on April 20th](#) [ChildFest at Mitchell High School](#) in partnership with Blue Ridge Partnership for Children on April 29th [Run For Holland](#) on May 6th

In addition to these local events the Story Trail will be installing a book that coincides with Run For Holland, helping raise awareness for accessibility for all. We hope to see you at these wonderful events!

MARK YOUR CALENDARS...



April Group Exercise

NEW CLASS ALERT
We have added Dance Fitness to the Friday lineup! Now you can dance every Monday, Wednesday, and Friday in April! More of a morning person? We have Flow Yoga at 6 am every Tuesday and



April Athletics

Did you know you can rent the basketball gyms for Birthday parties and other events? Pick your time from Friday evenings; 5:30-7:30 pm or Saturday afternoons; 11-1 pm or 1:30-3:30 pm. You can find more information on our [Athletics](#)



April Aquatics

Looking for fun ways to spend time as a family? Each Wednesday and Friday at the YMCA we offer Family Swim Time from 3:00 pm - 5:00 pm in the pool! This is an open swim opportunity where there are no programs or aquatic classes

Thursday morning! Download the schedule below to find the perfect class for you!

[Download Group Exercise Schedule](#)

[webpage.](#)

[Download Blackburn Athletic Schedule](#)

[Download Fieldhouse Schedule](#)

happening, making it the perfect time to turn on the water features, speed down the slides and have a blast as a family!

[Download Aquatics Schedule](#)

Connect with us on:



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