

YMEMBERSHIP™



YMCA Healthy Living Center

WorkWellness Program

Weekly Career Support Group

Tuesdays - Conference Room #3 6:30 p.m. to 8:00 p.m.

With the economy in a major recession for the over the past year, job loss percentages have reached double digit proportions. Stress is high and tremendous pressure is being placed on individuals and families. The YMCA Healthy Living Center believes in the total health of their members and others. In spirit. In mind. In body. The Healthy Living Center's goal is to build up individual, family, and community relationships in changing lives for the better.

With this in mind, a YMCA WorkWellness Program has been launched. With a Work Wellness Program, the YMCA can also be a catalyst in changing lives and bringing hope to those affected by job loss and career related challenges.

On Tuesdays from 6:30 p.m. to 8:00 p.m., a WorkWellness career support group meets on a weekly basis in Conference Room #3 at the YMCA Healthy Living Center in Clive. The weekly small support group meetings are designed to help people on a consistent basis who are in challenging career situations to find help, direction, and focus. The meetings will help people to realize they indeed are not alone and are able to discuss their current situations in confidence and develop solutions and goals with input from experts as well as each other.

Additional Work Wellness Initiatives will also include:

Seminars/Workshops – Resume writing, interview skills, job search techniques, networking, and financial planning. **Career Coaching** - Individual career coaching sessions to help people focus on goals and solutions, as well as develop a customized plan of action.



**We build strong kids,
strong families,
strong communities.**

www.healthydm.com

For more information contact: Jim Adams, 515-556-4920

Financial Assistance

Thanks to many generous community donors to the YMCA Partner With Youth Campaign, the YMCA strives to never turn anyone away from the YMCA due to an inability to pay.

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.