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## **YMCA Receives \$30,000 to Support Healthy Living Initiatives for Seniors**

*Donation from the Walmart Foundation to connect seniors with nutrition education services*

**Washington, DC (November 19, 2015)** – The YMCA of Metropolitan Washington today announced that it has received a \$30,000 contribution from the Walmart Foundation to further its mission of helping underserved seniors achieve healthy lifestyles. The grant — which was given to the non-profit organization through the Walmart Foundation’s State Giving Program — will support the YMCA’s Fit and Well Seniors program, a free program that caters to the needs of seniors residing in DC, many of whom are widowed, living on a modest income, and have limited access to activities.

“Volunteers and philanthropic companies, such as the Walmart Foundation, empower the Y to serve those in need in the region’s most under-resourced neighborhoods, including vulnerable seniors,” said Janice Williams, Senior Vice President of Program Development at YMCA. “The Walmart Foundation grant means we can continue to offer nutrition education through our critically needed YMCA Fit & Well Seniors Program to at-risk seniors in DC.”

The grant will help the YMCA provide a range of mental, physical and social wellness to more than 20,000 DC residents through two branches and two program centers. These programs will incorporate health and lifestyle assessments, inter-generational activities and social clubs.

“The Walmart Foundation is proud to support the YMCA in their mission to inspire seniors to be active and healthy,” said Jennifer Hoehn, Director of Public Affairs for Walmart. “Through this grant, we hope to provide at-risk seniors in DC access to programs that will equip them with healthy life skills that will help them live long, full lives.”

The contribution to the YMCA was made possible through the Walmart Foundation’s Washington DC State Giving Program. Through this program, the Walmart Foundation supports organizations that create opportunities so people can live better. The Walmart Foundation State Giving Program strives to award grants that have a long-lasting, positive impact on communities across the U.S.

To be considered for support, prospective grantee organizations must submit applications through the Walmart Foundation State Giving Program’s online grant application. Eligible applicants must have a current 501(c)(3) tax-exempt status in order to meet the program’s minimum funding criteria. Additional information about the program’s funding guidelines and application process are available online at <http://foundation.walmart.com/apply-for-grants/state-giving>.

### **About YMCA**

The Y is one of the nation’s leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the DC region, 17 Ys engage over 250,000 men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation’s health and well-being, and provide opportunities to give back and support neighbors. The Y has the long-standing relationships and physical presence not just to promise, but to deliver lasting personal and social change. For more information, visit [ymcadc.org](http://ymcadc.org), like us at [facebook.com/YMetroDC](https://www.facebook.com/YMetroDC) or follow us at [twitter.com/ymcadc](https://twitter.com/ymcadc).

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