

YMCA



Employees who commit to fitness routines become healthier, happier and more productive.

BENEFITS OF A YMCA-BASED HEALTH AND WELLNESS PROGRAM FOR EMPLOYEES

- Better health
- Improved ability to cope with stress
- Increased mental and physical stamina
- Improved concentration and decision-making
- Better morale and teamwork
- Decreased risk of injury
- Access to wellness coaches

Studies show that health and fitness in the workplace is good for staff and employers.

WELLNESS



You are eligible for a 10% discount at any YMCA within Greater Vancouver:



Tong Louie Family YMCA
14988 57 Avenue
Surrey, BC V2S 7S6

Robert Lee Family YMCA
955 Burrard Street
Vancouver, BC V6Z 1Y2

Langara Family YMCA
282 West 49th Avenue
Vancouver, BC V5Y 2Z5

Chilliwack Family YMCA
45844 Hocking Avenue
Chilliwack, BC V2P 1B4

AN ORGANIZATION YOU CAN BELIEVE IN

Tong Louie Family YMCA is a non-profit charitable organization that is committed to the overall health and wellness of all individuals and the community as a whole.

No one is turned away from the YMCA due to financial circumstances.