



FOR IMMEDIATE RELEASE

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YMCA HELPING FAYETTE GET FIT AND HEALTHY

Uniontown, PA – Fayette County residents can start the new decade on a healthier note, thanks to programming from the Uniontown YMCA.

YMCA CEO Jacquelyn Core said 2020 will be full of growth, as new programs are introduced and existing programs are expanded through grant funding.

"The 'Y' is so much more than just a gym," Core said. "We stand for youth development, healthy living and social responsibility."

One of their latest programs is a Cooking Matters class that teaches participants how to create healthy, delicious meals for a family of four, for no more than \$10.

Funded by Uniontown Walmart, the program starts in April, and Core said spots are already filling up fast.

"This class teaches residents how to cook healthy meals from scratch on a budget," she said. "Participants get a free book, free cooking implements and free groceries every week."

The class will cover such topics as label reading and meal planning, in addition to developing hands-on cooking skills. A grocery store tour is also included.

There are no income requirements or restrictions to join the cooking class, and all adults are welcome to participate, regardless of YMCA membership. The limit is one adult per household.

Uniontown YMCA can also help Fayette County residents maintain their physical health through its new Chronic Pain Management Class. Funded by the Southwestern Pennsylvania Area Agency on Aging, the class opens April 16 and lasts for six weeks.

"This class is available to anyone struggling with chronic pain and provides a toolbox of methods to help best manage and alleviate that pain," Core said. "While cancer patients are not eligible for this class, they can join our LiveSTRONG Program instead."

The YMCA LiveSTRONG Program is founded by the Community Foundation of Fayette County. It is a free, 12-week exercise program for all cancer survivors and includes a support component.

"Instructors in the program have more than 40 hours of training specific to working with cancer survivors and administering the program," Core said. "Small cohorts of survivors gain strength and recover after treatment, and those in active treatment are also welcome."

Core said residents should take advantage of the YMCA's free programs, because they're aimed at helping residents stay healthy, with many including disease management strategies and lifestyle change assistance.

Income-based scholarships are available for those who qualify, and many seniors qualify for free memberships through their insurance, Core added.

In addition to their upcoming programming, Fayette County citizens can also participate in a wide range of other, ongoing classes, including:

- Blood pressure self-monitoring
- Diabetes prevention
- Phase III cardiac rehabilitation
- Enhance Fitness
- Moving for better balance
- Tai Chi for arthritis and fall prevention
- Tobacco cessation
- And so much more!

Additionally, on-site childcare, summer day camps and free facility tours are available.

For more information about the YMCA's health and fitness programming, call 724-438-2584 or visit www.uniontownymca.org.

To learn more about Fayette County, visit www.FayetteCountyPA.org.

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