

# HEALTH

## Supportive Community Health Services

**GOAL: IMPROVING QUALITY OF LIFE FOR A SPECIFIC POPULATION WITH AN IDENTIFIED NEED.**

**SUCCESS STORY:** Tammy's husband is a two-time cancer survivor, and his first battle cost the family a lot, including their home. Having our Y open up, just a few blocks from where they live now has been incredible! As someone who suffered from shortness of breath and numbers climbing on the scale, she knew she needed to make some changes, and she now has the time and resources to start focusing on herself. "I've been losing weight, and down 25lbs! I no longer have shortness of breath, and I have A LOT more energy!" Not only has the Y been great for Tammy physically, it's been great for her socially, as she's made so many new friendships; she enjoys the evening classes and afterwards they sometimes go out as friends and just have a good time. "Exercising is what I do to relax now... the Y is my 'me time', and when I'm done, I just feel so much better." Tammy is hoping her husband will join soon, as he needs to build up his stamina. Both cancer battles took so much out of him physically and she's hoping exercise and being around friendly people will help get some of that strength back.



**\$145,350**  
INVESTED IN  
PARTNER  
PROGRAMS  
IN 2022

### LOCAL RESULTS:




Since 2008, south Wood and Adams Counties residents have saved

**\$634,680**

on prescription costs using SingleCare.

718 volunteers utilized the Volunteer Center to make a difference in the community in 2021.

*Volunteer Impact*



**11,858**

Help Guides were distributed in south Wood and Adams Counties in 2021.

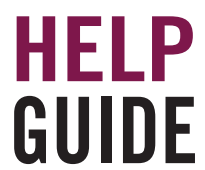
*Volunteer Impact*

425 volunteers raked 74 yards during United Way's annual Day of Caring event in 2021.



**1,760**

individuals received access to programs and services to improve physical fitness and wellbeing in 2021.



**United Way of South Wood & Adams Counties Volunteer Center**