

FOR IMMEDIATE RELEASE

Partnership to Promote Healthy Living

SSM Health Makes \$250,000 Commitment to the Green County Family YMCA

MONROE, WI: SSM Health Monroe Hospital and SSM Health Monroe Clinic Medical Group have pledged a \$250,000 commitment to the Green County Family YMCA for the benefit of the citizens of Green County. The generous donation includes a one-time gift of \$100,000 toward the YMCA's Building A Stronger Community Capital Campaign and \$150,000 of in-kind programmatic support.

Across the country and Wisconsin, YMCAs and health care providers have a proven track record of sharing resources, core competencies and distinct strengths to have a significant impact on the health of the entire community.

"Our partnership with the YMCA is important as we focus on how we can all work to improve the health of our communities," shared Jane Curran-Meuli, President of SSM Health Monroe Hospital & SSM Health Monroe Clinic Medical Group. "Creating this programming was a collaborative effort to provide topics that are relevant for those we serve, and our staff are excited to deliver health care in this new and creative way."

The Y's vision, in collaboration with SSM Health, is to create a new Healthy Living Center that will transform wellness offerings for a healthier, stronger community. Connecting healthcare, wellbeing, and community to achieve longer healthier lives for all, SSM Health and the Green County Family YMCA are enriching lives with Southwestern Wisconsin's first Healthy Living Center. This center will provide individuals and families with classes and programs staffed by SSM Health and YMCA professionals to foster healthy lifestyles.

Programming will include onsite health screenings, risk assessments, education classes, nutritional counseling, and other health maintenance and prevention-based services. Topics will include chronic diseases, like diabetes, outpatient therapy and rehab, nutrition, sports medicine, behavioral health and more. These programs will help people make informed, proactive choices about their health while connecting them with programs and services.

Trent Henning, Executive Director of the YMCA remarked: "Through this exciting and unique collaboration, SSM Health and the YMCA will work together to introduce innovative health and wellness initiatives for residents of all ages living in Green County and the surrounding area. This transformational community project is about creating spaces to provide connection and support. Our goal is to create a community hub of resources that will allow the people of Green County to thrive for decades to come. We are incredibly grateful for SSM Health's partnership and support!"

The YMCA's enhanced facility will include a combination of renovated and newly constructed spaces with the addition of 50,000 square feet. New spaces will include Childcare and Youth Development

Centers, Healthy Living Center, Gymnastics Center, community kitchen, fitness studios, spaces for adults, youth and more.

The Green County Family YMCA's Capital Campaign is still in need of \$2.5 million to reach their \$25 million goal. Once that goal is met, groundbreaking and construction on the project will begin. If you'd like to contribute to the Building A Stronger Community Capital Campaign or to learn more about the project, visit www.greencountyyymca.org/stronger.