



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE CAN HELP SPEED YOUR RECOVERY

FREE YMCA MEMBERSHIP TO HU PROTON THERAPY PATIENTS

Your doctor will surely agree that healthy activity can speed your recovery so the Y welcomes you to our family, while you are a patient at Hampton University's Proton Therapy Institute.

We know you may be here from out-of-state and your family members may be with you to support you through your treatments, so you will want fun ways to spend time together. The Y is here to help with healthy and fun activities for individuals and families. Simply show your patient identity card at the Welcome Center of any Peninsula YMCA location, the closest ones are listed below; you and your family will immediately receive all the benefits of Y membership for the 10 weeks of your treatment. Your membership is the same as for all our members and includes group exercise, aquatic exercise, use of our pools, saunas and steam rooms, use of fitness centers and child-watch while you are in the building. You may also sign up for any of our programs just as any member can.

The Y makes strengthening communities our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Your participation will further our mission in our community.

We hope to see you soon!

HAMPTON FAMILY YMCA - 1322 LaSalle Ave., Hampton 23669, 757 722 9044
VICTORY FAMILY YMCA - 101 Long Green Blvd, Yorktown 23693 757 867 3300
NEWPORT NEWS FAMILY YMCA - 7827 Warwick Blvd., Newport News 23607, 757 245 0047
LUTER FAMILY YMCA - 259 James Street, Smithfield 23430, 757 365 4060
R.F. WILKINSON FAMILY YMCA - 301 Sentara Circle, Williamsburg 23188, 757 229 9622
More locations and information - www.peninsulaymca.org

