

ywca empowerment at work

ywca of central maine:

partner in community health & wellness for over 130 years.

The YWCA of Central Maine is committed to partnering with community businesses to provide a place where employees and their families are empowered to participate in activities that will create better health, reduce stress and provide for a place to connect at any age and every ability.

convenient and accessible fitness choices: from 6 am until 8pm

Sample of classes available:

Strength & Power: Improve strength, balance and posture through the use of upper body weights and lower body exercises.

Aqua Attack: A variety of low impact aqua aerobic exercises

Water Dynamics: Aerobic work-out designed to increase strength, flexibility, range of motion and endurance.

Water Gym: Class includes interval, circuit, strength and endurance training.

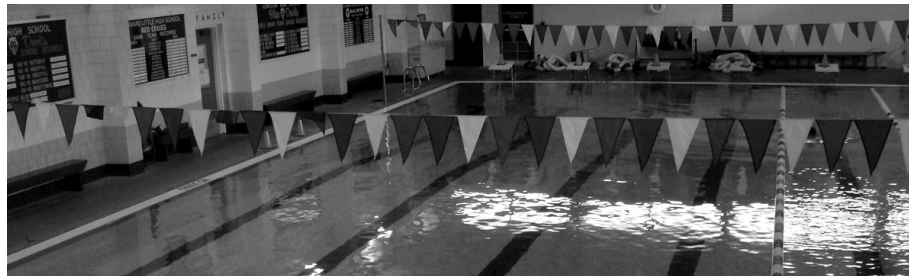
Early Bird, Noon Time and Evening Lane Swims

Combo Swim: Combination of lane swim and general swim.

empowerment at work benefits:

- **Promote better employee health and fitness** – Fit people report fewer sick days and greater employee productivity
- **Active people report a more positive attitude** – Improve morale company-wide
- **Fewer medical claims** – Fit people tend report using less medication and visit the doctor less
- **Active employees** handle stress better and report better team work
- **Wellness Programs** provide for positive employee interaction, building trust and sense of job satisfaction





empowerment at work

experience the benefits of a YWCA wellness program today!

Corporate Partner:

For companies wishing to partner in a 130+ year history of community health

- Company Logo on Corporate Wellness Page -viewed by over 2,500 persons monthly
- Company Logo on Corporate Wellness Board in YWCA lobby- viewed by 250-500 persons, daily
- 12 Monthly Y Wide Passes at no cost per employer
- One Corporate Event at no charge at the YWCA of Central Maine*
- No minimum number of employees required to participate
- 20% discount on all membership types and levels (monthly- 3 month-annual)
- Free one month membership for employees who join creating a 13 month plan
- Lunch n' Learn Series - two free educational fitness presentations at your company presented by YWCA
- Walking Program — the YWCA provides access to the Lewiston High School Track before 7am for an independent walk/jog/run program — located directly behind the YWCA facility on East Avenue in Lewiston
- YWCA Wellness at Work promotional materials
- Analysis of employee usage if requested

\$5,000.00 Corporate Partner Sponsorship Annually

Wish to be a corporate wellness host?

Experience the benefits of wellness at work:

- 15% discount off of all membership levels and types per employee
- No minimum number of employees required to participate
- Lunch n' Learn Series - two free educational fitness presentations at your company presented by YWCA
- Walking Program — the YWCA provides access to the Lewiston High School Track before 7am for an independent walk/jog/run program — located directly behind the YWCA facility on East Avenue in Lewiston
- YWCA Wellness at Work promotional materials

No Sponsor Cost for Corporate Host Benefits

For more information about empowerment at work,
please visit ywcamaine.org or contact the
YWCA of Central Maine at 207-795-4050.

eliminating racism
empowering women
ywca