

## **Corporate “Try the Y Week”**

It is estimated that corporations in the United States spend \$135 billion annually on total employee health care.... and these costs are rising approximately 15% to 40% each year.

Wellness and preventative programs can make a difference. They can reduce health care costs, while helping employees live longer, healthier more productive lives.

The Lincoln YMCA has been a recognized leader in health and wellness for more than 125 years. We can help you in promoting healthy lifestyles for your employees.

The YMCA would like to offer your employees the chance to participate in a FREE week at the YMCA. During his week employees and their families can use all four Lincoln YMCA facilities. They can participate in YMCA fitness classes such as yoga, pilates and power pump, FREE of charge. And, if they join during this week the YMCA will waive the “Initiation Fee”!

This is a great way to help you promote healthy lifestyles to your employees and show them your support!

To set up your free week or to get more information, contact Sharon Bredehoft 402.434.9236, [sbredehoft@ymcalincoln.org](mailto:sbredehoft@ymcalincoln.org).

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1039 P  
434.9230

Fallbrook YMCA  
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Northeast YMCA  
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