



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO WELL-BEING

Well-being Through the Y

At the Y, we use the term **well-being** to talk about the positive impact we have on the communities we serve. Well-being is an individualized concept; the things that help one person be well are not necessarily the same things that help another be well. Because of this, people come to the Y with the hope of increasing their well-being in ways that are very personal. Still, through years of research and reflection, we believe there to be nine dimensions of well-being that Ys deliver through their programs. We believe that every member, program participant, and volunteer and staff experience at the Y results in a change in at least one of these nine dimensions of well-being.

