

YMCA of The Palm Beaches

Since 1917, the YMCA of the Palm Beaches has served Palm Beach County, working side-by-side with local families and neighbors to ensure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive.

With a focus on youth development, healthy living, and social responsibility, The Y has a goal of never turning away an individual or family from a needed program or service due to their inability to pay.

At the heart of Healthy Connections is our wellness staff. Every team member is committed to building genuine relationships and making sure that each participant has someone in their corner. That commitment shows up in every conversation, every session, and every win along the way.



To learn more please contact:

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READY TO START?
JOIN TODAY



YMCA of the Palm Beaches
at Palm Beach State College
4200 S. Congress Ave
Lake Worth, FL 33461
Please park in the Blue Lot



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY CONNECTIONS

Building healthier lives and brighter futures for young adults.

- No cost YMCA Membership
- Wellness coaching that includes resources for career development, education, mentoring and more.
- Your next step forward starts here.



FOR QUALIFYING PARTICIPANTS
18–25 YEARS OLD

HOW IT WORKS

Healthy Connections gives young adults the coaching and resources to build a successful future. Join the YMCA, become a member, and take the first step, today.

ABOUT THE PROGRAM

Healthy Connections offers personalized wellness coaching in fitness and nutrition, along with support services through trusted community partners. The program also provides no-cost essentials like transportation and meal assistance, all shaped around your goals, pace, and needs.



OUR CORE SERVICES

FULL YMCA MEMBERSHIP

Full access to the gym, fitness classes, and our aquatics center.

PERSONALIZED WELLNESS COACHING

One-on-one guidance from wellness staff who care about you and your goals.

FITNESS & NUTRITION SUPPORT

How to workout and eat well, simplified.

Partner Services

- Career Guidance ▸ Workforce Development
- Education Support ▸ Mentoring
- Mental Health ▸ Money Management
- Transportation ▸ And more



WHAT PARTICIPANTS SAY

■ ■
The tools here go beyond workouts and nutrition. I'm more organized at work, I follow through on my goals, and I handle stress better. Taking care of my health helped me take care of everything else.

— PROGRAM PARTICIPANT

■ ■
I used to think I had to figure everything out alone. This program surrounded me with people who actually showed up and taught me how to be my best self.

— PROGRAM PARTICIPANT



Come in, meet the team,
and talk about your goals.