

# Dorchester YMCA #TogetherWeMove

[ymcaboston.org/togetherwemove](http://ymcaboston.org/togetherwemove)

## Dot Y Super Flag Bowl!!!

October 23rd @ Garvey Playground (12pm–2pm)

340 Neponset Ave, Boston MA, 02122

Register Today as we have limited spots available.

<https://yweb.ymcaboston.org/SpiritWeb/SearchClass?>



This fall, the YMCA of Greater Boston will strengthen our community by connecting all people to their potential and to each other, by engaging in wellness and community-building experiences that span 9 days, covers 43 miles, and celebrates movement across 14 neighborhoods. At the **Dorchester Y**, we are inviting everyone to participate in our [Dorchester 5K](#), as an opportunity to be part of Together We Move! Whether you love to cycle, walk, run, or stroll, it is a great opportunity to get you and the family moving. Visit our link ([here](#)) or use the QR code below to register and support the Y. In addition to our 5K race, we will be hosting our very first Dot Y Super Flag Bowl!!!

On October 23rd we will be at Garvey Playground from 12pm—2pm, encouraging our youth to play to the best of their abilities, while also connecting with each other and celebrating all the things that make this community great! Bring your friends, and family to come and hang out with us for some fun and friendly competition.



# Why We Move

Our communities are facing a health crisis. The Y continues our commitment to help heal and provide hope to those who are struggling with their well-being, by designing high-quality health programs that address the mind, body and spirit.

We offer real tools and real support in person, or virtually, to address health disparities and help everyone create healthy habits to make real, long lasting, positive changes.

The COVID-19 pandemic has exacerbated the already well-known disparities in the Dorchester community related to: food insecurity, health inequity, housing instability, and the wealth gap. These challenges have accelerated the growth and negative trends related to the Achievement Gap, Childhood Obesity, and increased social isolation experienced by adults. Our local economy has been dramatically impacted. Our neighbors have experienced widespread unemployment with local restaurants, retail and service industries, healthcare, and other local businesses being hit hard by the impact of COVID-19.

True to the nature of the Dorchester community; residents, businesses, non-profit agencies, and other institutions have rallied together to identify innovative ways to meet the growing needs of our adults and families. The Dorchester Y has been part of this effort and we are fiercely committed to working alongside our community partners to create a vibrant Dorchester; that provides all youth and adults with the supports they need to recover from the impact of the pandemic.

## Meals Served @ Dorchester YMCA:

March 2020—December 2020 = 65,096

January 2021—June 2021 = 25,440

## Dorchester Community Learning Center (CLC) meals:

September 2020—June 2021 = 12,727

**Yes, I would like to Sponsor or Donate to Together We Move!**

**Company or Donor Name:** \_\_\_\_\_

**Please Recognize as:** \_\_\_\_\_

**Address:** \_\_\_\_\_

### Donation of an Raffle Item or Experience

**Item:** \_\_\_\_\_ **Fair Market Value:** \_\_\_\_\_

**Description of Item or Experience:** \_\_\_\_\_

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\_\_\_\_\_

**To Learn more about Sponsorship Opportunities visit:**

**[ymcaboston.org/togetherwemove](http://ymcaboston.org/togetherwemove)**