

- **TIPS FOR DEALING WITH TOUGH ECONOMY**

The Hunterdon County YMCA offers encouragement and support to residents of our County during challenging and uncertain times, like those facing us right now as a result of the economic downturn.

“Like so many Americans, members of our community are feeling overwhelmed, stressed and powerless in these challenging economic times,” said Bruce Black, President/CEO of the Hunterdon County YMCA. “Now more than ever, we need to focus on the important areas of our lives where we have the power to make a positive difference—our health and well-being, our family and our community.”

This is a good time for families and individuals to renew their focus on three areas that the YMCA believes form the foundation for strong, healthy families and communities:

- Physical exercise, even at moderate levels, can reduce the physical and emotional symptoms of stress, depression and anxiety. Over the long term, regular exercise can ward against the physical and financial toll of chronic diseases like heart disease and diabetes. Experts agree that investing in health and well-being always offers a positive return.
- Family strengthening is equally important. Make family time a priority and include children in discussions about how to trim budgets. Eating dinner as a family or enjoying a Saturday afternoon activity together can bring families closer and reinforce the idea that family members support one another in difficult times.
- Connections to community bind people together, offer support and give people an important sense of belonging. Getting engaged in one’s community, volunteering to help others in need and enjoying friendship and camaraderie enrich lives and make individuals, families and communities stronger and more resilient.

For more than 100 years, the Hunterdon County YMCA has supported families and individuals in good times and during some of the most challenging periods in our nation’s history. Our YMCA is committed to making its programs and services available to everyone, regardless of ability to pay thanks to financial assistance, funded largely by the YMCA’s annual Campaign for Kids.

“Times of change and uncertainty are not times to ‘go it alone,’” said Mr. Black. “We encourage members of our community to come together and support one another. Take a walk, get together with neighbors, volunteer, get active and involved through the YMCA.”