



The YMCA of Kingston and Ulster County

# the **Corporate** **Wellness**

**Become a Healthier Company with the YMCA!**

The YMCA of Kingston and Ulster County is prepared to help you improve your bottom line and the health of your greatest asset — your employees. A growing body of evidence suggests that effectively run corporate fitness and wellness programs result in the following benefits:

- Containment of Health Care Costs
- Increased Workplace Productivity
- Increased Workplace Morale & Employee Energy Levels
- Decreased Absenteeism
- Increased Recruitment Potential
- Enhanced Creativity and Ability to Concentrate

**Prices**

**Family \$58.00**

**Single Parent Family \$42**

**Adult \$36**

**Senior \$34**

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Membership is set-up through the business's human resource department as a payroll deduction or through the Membership Coordinator as a monthly automatic payment. A minimum of 12 individuals must commit and sign-up for membership to receive the corporate discount.

**Questions? 845-338-3810 or visit [www.ymcaulster.org](http://www.ymcaulster.org)**  
**507 Broadway Kingston, NY 12401**