



NEW YORK STATE SENATOR

Andrea Stewart-Cousins

## CDC Awards Yonkers YMCA REACH Grant

ANDREA STEWART-COUSINS April 5, 2013



On Thursday, April 4, 2013, Senator Stewart-Cousins spoke at a press conference where Yonkers Family YMCA was awarded a \$300,000 REACH grant to fund educational programs and seminars that promote fitness and healthy living in the city's minority neighborhoods as an effort "to improve the health and eliminate disparities related to chronic diseases in African-American and Hispanic communities". As one of the 15 YMCAs nationwide to receive this grant, Yonkers YMCA plan to implement programs that will help community members achieve a healthy weight, gain access to nutritious foods, become more physically active, become less exposed to smoke and other tobacco products, and live in places that encourage emotional well-being".