



FOR IMMEDIATE RELEASE

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Greater Philadelphia YMCA Program Helps Veterans Rebuild Health After Military Service

Royersford, PA — The Ambler, Haverford and Spring Valley YMCAs are calling on local veterans to apply for their free Veterans Wellness Program. The program runs September 22nd through December 12, 2025, and is designed around holistic well-being, with both physical and mental health components. Participants will meet twice weekly, focusing on physical fitness one day, and mental health the next.

"We partner with some great organizations, such as the Travis Manion Foundation, Access Services and NAMI, who facilitate great discussions around mental health. We also have a dietitian who educates participants on healthy eating and lifestyle changes", says Patrick Resnick, Associate Executive Director of the Spring Valley YMCA, who helps run the program.

Richard Custer, a local veteran who was wounded 5 times in Vietnam and now serves as a Commander of the Disabled American Veterans, was a participant in the inaugural cohort this past spring. "I'd had a stroke two years ago, so I've been constantly trying to rebuild... And the wellness program has given me an opportunity to do things that I never would have done. This type of program, that's specific to veterans, is outstanding."

WHY IT MATTERS:

- The CDC reports 30% of veterans aged 25-64 have multiple chronic conditions vs 18% of the public. ¹
- In 2014, the Department of Veterans Affairs estimated that 78% of veterans were overweight or obese ²
- Many veterans suffer from mental health challenges, driving an alarming 17.6 veterans (on average) to commit suicide daily. ³

¹ https://www.mentalhealth.va.gov/docs/data-sheets/2024/2024-Annual-Report-Part-2-of-2_508.pdf

² <https://www.research.va.gov/topics/obesity.cfm>

³ <https://news.va.gov/137221/va-2024-suicide-prevention-annual-report/>

Applications are currently being accepted for the next cohorts at the Ambler, Haverford and Spring Valley YMCAs. Meetings run 45 – 60 minutes in length, and spouses are allowed to participate. Upon completion of the program, participants will receive a free 6-month adult membership to the YMCA. To apply, visit

<https://www.philaymca.org/community-programs/veterans-wellness-program>. For locations, please visit <https://www.philaymca.org/locations?type=ymca&amenities>.

ABOUT THE GREATER PHILADELPHIA YMCA:

The Y is one of the nation's leading nonprofits, strengthening communities through youth development, healthy living and social responsibility. Throughout the Delaware Valley, the Greater Philadelphia YMCA serves more than 200,000 individuals each year – regardless of age, income or background – across 16 service locations in Berks, Chester, Delaware, Montgomery, Philadelphia, Pike, Burlington and Camden counties. Coupled with 80+ childcare sites, 30+ day camps, and one overnight camp in the Poconos, the Y has extraordinary reach in connecting people to healthier lives. For more information, please call 215-963- 3700 or visit philaymca.org.
