**About the YMCA of Central Florida**

Driven by its Christian mission, the YMCA of Central Florida serves as a leading 501c(3) nonprofit committed to strengthening the community. The Y empowers everyone, no matter who they are or where they're from, by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y’s goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across Orange, Seminole, Osceola, Brevard, Lake and Marion Counties. To learn more, visit [ymcacf.org](https://ymcacf.org) and follow on [Facebook](https://www.facebook.com/ymcacentralflorida) or [Instagram](https://www.instagram.com/ymcacentralflorida/).