

## Healthy Living

One component to healthy living we have begun to reinvest in is have social isolation. Social isolation is among these demographic groups is a growing public health concern in Wisconsin and across the U.S. Programming funded by this UnitedHealthcare grant will take place at three YMCA branches - including Northside - and at another partner nonprofit, or at another public location (senior center, assisted living center, community center, or partner location with open areas).

As part of its commitment to serving all, the YMCA of Metropolitan Milwaukee will address the needs of a diverse demographic group by leveraging the Y's strength in providing services at the junction of health and social needs. This "social meets health" approach will result in services for community members along a wide spectrum of life stages, and it will produce programs and activities that result in improved quality of life and reduced social isolation within this population.