

Healthy Living

One of the components to healthy living that the Y has begun to reinvest in is social isolation. Social isolation is a growing public health concern in Wisconsin and across the U.S. We are currently working with UnitedHealthcare through a grant opportunity addressing social isolation at three YMCA branches - 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 our 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 our community.