

## **Gail's Y Story**

Every day before 9 AM, Gail steps into the group exercise room and heads to the back left corner where a small circle of Group Power, Group Fight, and Group Active regulars have become something more than workout partners. They are friends who show up for one another, celebrate progress, and make the Y a place she looks forward to being. What started as exercise has grown into connection, belonging, and joy.

"I look forward to walking into the Wellness room every weekday," said Gail.

In this group, Gail feels accepted and valued, a powerful reminder that combating isolation begins with simple daily habits of showing up, noticing one another, and creating space where every person feels welcome. The Y is more than a gym to Gail; it's a community where friendships form.