# Denise's Y Story

When Denise moved to Everett three years ago, she was sad to leave her home of 32 years, but she quickly built a new community when she joined the Y and attended Forever Fitness classes. Through the Y, she found some of her best friends, including Betty, whom she has traveled with to Greece and New York City.

The welcoming atmosphere and senior programs have helped Denise and her husband embrace their new home.

"The Y has enriched my life in Everett in countless ways, from keeping me fit to connecting with others," Denise reflects.