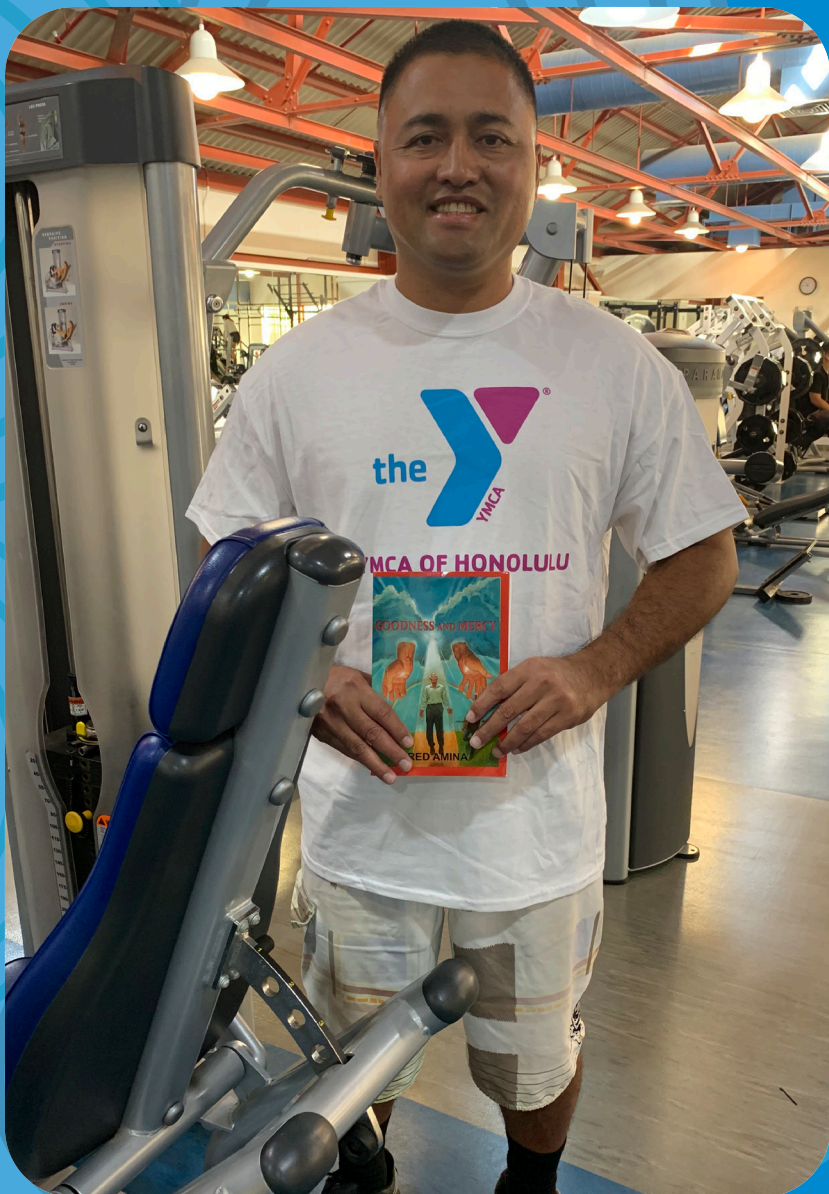


# REACHING OUR POTENTIAL

Everyone deserves a chance.  
Join us in giving everyone the opportunities  
they need to reach their full potential.



## Healthy Living

Healthy spirit, mind, and body means different things for different people—but for all, it means having the opportunity to become their best selves.

Fred started drinking at age 12, and by the time he was an adult, he was a chronic alcoholic and eventually lost his job. In December 2015, he almost died from pancreatitis caused by alcoholism, but as he watched his children from his hospital bed, he had a revelation: he would choose his kids over alcohol and serve the Lord.

Fred turned to his faith and the Y to overcome his battle with alcohol and depression. Financial assistance provided Fred with a Y membership, daily workouts, and a community of support. Fred went on to publish an inspirational book to help others and today, continues to share his message of personal victory, “You are not a product of your environment, you are a product of yourself.”

For more information  
or to donate visit:  
[www.ymcahonolulu.org](http://www.ymcahonolulu.org)

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