



# Kishwaukee Family YMCA

*“We Build Strong Kids, Strong Families and Strong Communities”*

Our YMCA is in the process of taking a hard look at how we really connect with our community and how we can help people achieve a better level of health and wellness BY THEIR DEFINITION – not ours. But to do this, we need your help. We are seeking to talk with a variety of people in our community about their health and wellness and their goals. Helping our staff understand what health and wellness means to our community is what these interviews are about. We are learning that wellness means A LOT of different things to people.

We are looking for people who would be willing to let us come interview them about their health and well-being. ***Please be assured that this is not a sales pitch. It is strictly a learning experience for our YMCA staff.*** In exchange for your time, the YMCA will provide you with a \$25 gift card to a local grocery store or retail chain.

The interview is designed to take place in your home and last approximately one hour. Three to four YMCA staff members will be involved. One staff member will conduct the interview while the other staff members listen, observe and take notes. In addition to the interview, the staff members would also like to take photos of you and areas of your home, with permission. These photos will be used for this project only and will not be shared publicly.

Please let me know which date and time will work for you.

The Kishwaukee Family YMCA would really appreciate the opportunity to interview you in your home to discover more about what health and well-being means you and to our community overall.

Please let me know if you have any questions and/or concerns about this effort.

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