



Share Your YMCA Story

**North Lexington Family YMCA  
Celebrating 10 years of Impact  
*Spirit, Mind & Body***

~ Mary Taulbee's Story ~

**YMCA Member Since:** August 7, 2009

**I joined the YMCA because:**

"I noticed my son becoming depressed and losing interest in life after two major surgeries he had been recovering from. I decided to see if joining the Y would help turn this around for him."



**I give to the YMCA because:**

"My son and I enjoy the positive atmosphere at the Y."

**Needing a change of Spirit .....**

"I was becoming very concerned about my son, Leslie's, increasing lack of interest in life as well as his overall low energy level. After many years of recovery from two major brain surgeries, Leslie just seemed to be sinking deeper and deeper into depression. His spirit was being lost in a sea of despair.

Naturally, as his mom, day by day my concern grew until the point where I decided that something had to change. I started bringing Leslie to the Y with me hoping that this would be the beginning of some long needed positive changes for him.

Since Leslie has been coming to the Y everyone has noticed a huge difference in his attitude! At the Y he is able to interact with people like himself, who are fighting depression or experiencing other forms of emotional and physical recovery.

Leslie is now surrounded by the positive attitudes of the members and staff at the Y. He comes everyday and works out in the YMCA's Wellness Center. Leslie, now 31, has a brand new outlook on life, is enjoying life again to the fullest and best of all, and is now able to fully participate in the life of his 6 year old daughter, IsaBella."

