



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SENIOR MEMBER MISSION MOMENT

Wayne L. Mowery, Sr.
BLOOMSBURG AREA YMCA



How long have you been a member of BAY?

15 years

What are your 3 favorite things about BAY?

- Making friends
- Relaxing workouts
- Reading the paper

What purpose does the YMCA serve in your life?

It keeps my weight down, my cholesterol low, and my sugar down, too.

Have you made a lot of friends at the Y?

Yes, many.

What would your life be without BAY?

Miserable. I come to the YMCA 6 days a week at 8:15am each day. It makes me very happy and keeps me healthy.