

PARTICIPATING YMCA LOCATIONS

Childress Klein YMCA

301 S. College Street
One Wachovia Center, Suite 200
Charlotte, NC 28202
704-716-6467

Dowd YMCA

400 E. Morehead St.
Charlotte, NC 28202
704-716-6194

Harris YMCA

5900 Quail Hollow Road
Charlotte, NC 28210
704-716-6808

Johnston YMCA

3025 N. Davidson St.
Charlotte, NC 28205
704-716-6385

Lake Norman YMCA

21300 Davidson St.
Cornelius, NC 28031
704-716-4434

Lowe's YMCA

170 Joe V. Knox Ave.
 Mooresville, NC 28117
704-716-4090

McCrorey YMCA

3801 Beatties Ford Road
Charlotte, NC 28216
704-716-6516

Morrison at Ballantyne YMCA

9405 Bryant Farms Road
Charlotte, NC 28277
704-716-4640

Simmons YMCA

6824 Democracy Drive
PO Box 25382
Charlotte, NC 28229
704-716-6611

Siskey YMCA

3127 Weddington Road
Matthews, NC 28105
704-716-4254

Stratford Richardson YMCA

1946 West Blvd.
Charlotte, NC 28208
704-716-4808

University City YMCA

8100 Old Mallard Creek Road
Charlotte, NC 28262
704-716-6769



PARTNERS FOR A HEALTHY COMMUNITY



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CMC Health Center

Uncompromising Excellence. Commitment to Care.



ABOUT OUR PROGRAM

Carolinas Medical Center and the YMCA of Greater Charlotte are building a healthy community through CMC Health Centers located inside most Charlotte area YMCAs. Each of the CMC Health Centers is partnered with one of the Carolinas Medical Center locations, including CMC, CMC-Mercy, CMC-Pineville or CMC-University.

This collaborative effort provides preventive healthcare, health education and wellness programs to the community. Registered nurses and registered dietitians in the CMC Health Centers are available to YMCA members and the community to assist in the enhancement of spirit, mind and body.

SERVICES INCLUDE:

- Body Assessments
- Wellness-Related Seminars
- Blood Pressure Education and Screenings
- Basic Nutritional Information
- Community Health and Wellness Outreach
- Select Vaccinations including Seasonal Flu Shots (based on availability)
- Lab Work focusing on Cholesterol and Glucose Screening
- Individual Health Consultations with a Registered Nurse
- Registered Dietitian Consults

SPECIALITY PROGRAMS:

LIFESTYLE MANAGEMENT & MEDICAL REFERRAL PROGRAM

This program is conducted through all of the CMC Health Centers located at YMCA branches. It is a comprehensive eight-week program that includes weight management, fitness programming and medical guidance to promote healthier lifestyles. A physician referral may be required for individuals whose medical conditions pose a higher risk for heavy exercise.

CAROLINAS CANCER WELLNESS PROGRAM

This is an eight-week program designed to assist in managing the physical side effects of cancer treatment during treatment and recovery. One-hour classes are held every Monday, Wednesday and Friday for eight weeks. Participants receive an individualized exercise program consisting of cardiovascular, strength training and flexibility exercises, yielding a comprehensive approach to recovery and increased physical stamina. This program is held at Dowd YMCA & Harris YMCA.

