



August 10, 2023

## Opening the Doors to Confidence, Health & Wellness for ALL Kids



[golf.ymywha.com](http://golf.ymywha.com)

# HELPING KIDS REALIZE THEIR POTENTIAL



At the Sylvan Adams YM-YWHA, we believe that *all* children should have access to the tools they need to stay active and feel connected to our community. We remove financial barriers and pride ourselves on keeping our doors open to *everyone*. Physical activity is known to contribute to academic

success, improved self-esteem, a key sense of belonging, and social skills. Staying active and having fun is now more important than ever. When you support Y Golf, YOU make it possible for children to participate, connect with friends and enjoy all the Y has to offer.

## Physical activity improves:

- Physical health
- Cognitive development
- Mental health
- Academic achievement
- Pro-social behaviour
- Self-esteem

## Physical activity results in:

- Fewer mental health visits
- Decreased inattention and hyperactivity
- Reduced smartphone addiction
- Lower odds of obesity
- Lower rates of depression, anxiety and suicide ideation



*"I got involved with this great cause because as I have often said in today's business world and global economy, only helping clients thrive is not sufficient! We must also help our communities to prosper.*

*The Y community is one which I admire due to their tireless commitment to helping the quality of life for so many.*

*Not only are we helping communities prosper by supporting this event but we are all having a great time while doing so!*

*Kudos and keep up the great work!"*

*— Senator Tony Loffreda*





# Sponsorship Benefits

## Platinum

**\$10,000**

- One foursome
- 2 social media mentions
- Signage at four holes
- Signage at reception
- Signage on golf carts
  - Logo on all marketing materials
- 2 weeks Health Club membership for all four players to Sylvan Adams YM-YWHA

## Gold

**\$5,000**

- One foursome
- 1 social media mention
- Signage at two holes
- Signage at reception
- 2 weeks Health Club membership for all four players to Sylvan Adams YM-YWHA

## Silver

**\$2,500**

- One twosome
- 1 social media mention
- Signage at one hole
- Signage at reception
- 2 weeks Health Club membership for both players to Sylvan Adams YM-YWHA

**INDIVIDUAL GOLFER: \$875**

**40 & UNDER: \$500**

2 weeks Health Club membership to Sylvan Adams YM-YWHA

To register visit [golf.ymywha.com](http://golf.ymywha.com) or contact Lara Goldenberg at 514.737.6551 ext. 228 or [lgoldenberg@ymywha.com](mailto:lgoldenberg@ymywha.com)

**Y Golf Co-Chairs:** Anthony Ferrara & Sheldon Krakower

**Y Golf Co-Chairs, Young Professional Division:** Jarred Cohen & Corey Geenen

**Y Golf Committee:** Katherine Aguillon-Adams, Tony Aksa, Tina Apfeld Rosenthal, Naomi Faraj, Jeff Kadanoff, Aaron Makovka, Sarah Mashhady, Mike Neudorf, Noah Neudorf & Jean-François Prince



# THANK YOU TO OUR 2022 SPONSORS

## Diamond/ Diamant

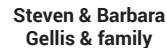
## Platinum/ Platine



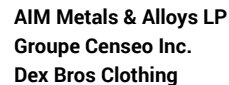
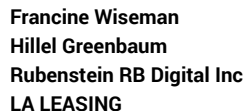
## Gold/ Or



## Silver/ Argent



## Bronze



SYLVAN ADAMS  
YM-YWHA  
CCJ BEN WEIDER JCC  
HARRY BRONFMAN YCC

5400 WESTBURY AVENUE  
MONTREAL, QUEBEC H3W 2W8  
514.737.6551 EXT. 568  
[lgoldenberg@ymywha.com](mailto:lgoldenberg@ymywha.com)

[golf.ymywha.com](http://golf.ymywha.com)