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Tragedy to Triumph... YMCA Helps Lake Geneva Resident Overcome Depression & Get Her Groove Back

**"Without the YMCA's financial assistance program, I would not be where I am today."
-Diamond W.**

The Geneva Lakes Family YMCA's income-based Financial Assistance program has opened up opportunities for Diamond W. to live a healthier lifestyle and connect to the YMCA community for support following a heart-breaking miscarriage.

In the months after her loss, Diamond slipped into a deep depression and experienced extreme weight gain. As a mother of six, she was determined to make a change.

"I truly thank God for blessing me with my twins, Zamier and Zanaiah, and I needed to live a healthier lifestyle for my family. I needed the YMCA," she said.

Using the YMCA financial assistance program, Diamond and her family became Y members in 2014. After joining, Diamond immediately connected to the Y community. She found her hope and happiness again through Zumba, and with the Y's support, she is now living a healthier lifestyle. To date, she's lost more than 65 pounds.

"Zumba has brought the life back into me," Diamond said. "The classes are so exciting and the instructors are so motivating. I've met so many beautiful people at the Y that have offered support & encouragement and have helped me achieve my goals."

Diamond is thrilled that she is able to enjoy her passion for dancing again. She's even become a YMCA volunteer to help others, saying it's her way of giving back.

"I am so thankful for the Y's Financial Assistance program and the YMCA community," Diamond said. "I am able to live my life again, I have new goals, and I can share new experiences with my family. Without the Y's financial assistance program, I would not be where I am today."



Following a heart-breaking miscarriage, Diamond W. turned to the YMCA for support. Today, she's overcome depression, is living a healthier lifestyle, & has lost more than 65 pounds!



Diamond asked us to share her "before" photos so you can see her progress.