



"I was having a hard time in school, making friends and the recent the loss of mother to diabetes added an extra layer of concern. Despite my reluctance, I joined a United Way funded wellness program. Starting with one day a week, I worked with tutors, took fitness sessions and joined activities to improve my social skills and manage emotions. I ended up going four times a week and saw major progress. I went from a D to a B- in math, my reading improved, lost over 30 pounds and made some great buddies."

**United Way of the
Dutchess-Orange Region**

