

**STRONGER TOGETHER,  
HEALTHIER FOREVER**



**YMCA of the IOWA  
MISSISSIPPI VALLEY**

**ENSURE A  
BRIGHTER FUTURE**  
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## **Nutrition Facts**

**SERVING SIZE 1 CAN**

**Community** ∞

% OF DAILY VALUES

WELLNESS	100%
EDUCATION	100%
SUPPORT	100%
EMPOWERMENT	100%

**SINCE** 1858

**WE ARE HERE TO STRENGTHEN  
COMMUNITY!**

**INGREDIENTS:** THROUGH FITNESS,  
YOUTH PROGRAMS, AND OUT-  
REACH, WE EMPOWER EVERY INDI-  
VIDUAL TO LEAD HEALTHIER LIVES  
AND MAKE A LASTING DIFFERENCE.



**YMCAIMW.ORG**