

# MARCH 2019 MEMBER OF THE MONTH

## RONALD WILLIAMS

We are happy to announce this month's Southern Boone Area Member of the month, Ron Williams! For those of you who don't know Ron, he is the type of guy who lights up a room when he walks in. He always has a smile on his face and has never met a stranger. We enjoy when Ron comes in and shares his stories with us, so now we want to share Ron's story with you!

Ron has been coming to the YMCA for almost 4 years now. When asked why he decided to start coming to the Y, he told us that he has a bad heart and has had two heart surgeries, one to put in a valve and one to put in stents. Ron was given instruction by his doctor to start exercising regularly in order to prevent any future heart conditions. We asked Ron how he would describe his time here at the Y, he said "I like to ride the bike and use the elliptical some. Mostly cardio, it allows me to keep moving." Ron stated that his favorite part about the Y is how close to home it is and that he enjoys the friendly staff and getting to know new people.

When I first met Ron, he mentioned to me that the Y is what keeps him going and that it has saved his life. Ron's determination is inspiring to others around him. No matter the conditions, he always shows up with a smile on his face. Thank you Ron for your positive attitude, inspiration, and outlook on life. We are grateful that you shared your story with us.

Sincerely,

Derek Mordica



