



INTEGRIS

ACHIEVING A BETTER YOU.

INTEGRIS EMPLOYEE WELLNESS

A SHARED COMMITMENT TO YOUR HEALTH

ACTIVE FOR LIFE

INTEGRIS and the YMCA of Greater Oklahoma City are partnering to help you achieve and maintain your health and wellness goals for life.



Strengthening spirit, mind and body

The Y is a cause for strengthening community. That's why we're here working with you every day, making sure that you and your family have the resources and support you need to learn, grow and thrive.

With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, your membership will bring about meaningful change not just within yourself, but in your community too.



When you join the Y, you join a place where...

- Parents find a safe, positive environment for children to learn good values, social skills and behaviors.
- Families come together to have fun and spend quality time with each other.
- Children and teens learn who they are, and what they can achieve.
- Adults connect with friends, pursue interests and learn how to live healthier.
- All individuals receive support and encouragement from YMCA professionals in all departments at the highest level of expertise.



Join the Y

Through the partnership between the Y and INTEGRIS, each of us will make a shared commitment to your health. Financial contributions from INTEGRIS, and a monthly discount in the regular Y membership rate reduce the cost to the INTEGRIS employee (regular, part time, OPT or volunteer).

MEMBERSHIP RATES

Household Membership - \$21.13 per pay period

Adult Membership - \$11.13 per pay period

Consult your INTEGRIS Employee Wellness department to join, or visit a YMCA near you to learn about all of the benefits of membership.