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## **PRESS RELEASE: The Rochester Area Family YMCA welcomes new Youth and Family Coordinator; Cassandra Linkenmeyer**

*Rochester, MN – December 8<sup>th</sup>, 2016* – Cassandra Linkenmeyer, who holds a Masters in Athletics and Activities Administration, has started as the Youth and Family Coordinator at the Rochester Area Family YMCA.

“I’m passionate about education, and helping youth learn and grow through educational activities and play. I look forward to developing high-quality youth and family programs that will strengthen our Rochester community. My goal is to create programs to help kids and families learn about the world around them, and develop skills and talents necessary to be vibrant and engaged members of our society.” says Cassandra Linkenmeyer

Linkenmeyer spent almost 5 years previously working with the National MS Society in Minneapolis, where she built a network of community coordinators across a four-state chapter. Her education spans from her Undergrad at the University in Northern Iowa, where she received a BA in History Education. Her graduate work was done at the University of St. Thomas, where she received a Masters in Athletics and Activities Administration.

Picture attached.

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### **About the Y**

The Rochester Area Family YMCA has been part of the Rochester community since 1867, when a reading room for young men was organized. The Y continues to be one of the leading nonprofits that strengthens the community through youth development, healthy living and social responsibility. The Y’s mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. This organization helps the community, regardless of age, income or background and has provided over 1,800 individuals in the community a membership through the Open Doors Scholarship program in 2016. More information can be found at <http://www.rochfamy.org>.