



Manulife and the YMCAs of Québec Work Together to Build a Healthy Generation -
Press release

A generous donation from Manulife to the YMCAs of Quebec will encourage thousands of children to get moving and stay active for life.

Montréal, December 8, 2017 – Thanks to a generous donation of \$500,000 from Manulife to the YMCAs of Québec, thousands of children under the age of 12 will develop the basic motor skills, confidence and motivation they need to stay active throughout their lives. Today, Mr. Richard Payette, President and CEO of Manulife Quebec, along with Stéphane Vaillancourt, President and CEO of the YMCAs of Québec, officially announced that the company will support the development of a physical literacy program at the YMCA.

“Our presence at the Maison Manuvie represents the beginning of a new era for our organization in Quebec. To mark this turning point in our history, Manulife is very proud to make this donation to the YMCAs of Québec,” said Richard Payette, President and CEO, Manulife Quebec. *“This is further evidence of Manulife’s continued commitment to promoting healthy living, and reinforces our commitment to Quebec.”*

“I am very happy that a company such as Manulife has the confidence in our ability to make the most of their donation by helping more children in more communities learn how to be physically active in our community and sports centres,” says Stéphane Vaillancourt, President and CEO of the YMCAs of Québec.

Research has shown that children need at least 60 minutes of physical activity per day. But in reality, only 9% of children get that much exercise. A potential public health crisis lies ahead. Manulife and the YMCA believe that it’s just as important for children to learn how to be physically active as it is for them to learn how to read or write. According to one YMCA family, the Giguère-Choquettes: “Our weekends used to revolve around what was on TV. Now, it’s hard to remember a day we spent doing nothing. The kids saw us being active, so they’re doing the same. When they’re twenty they’ll do it too, not because they have to, but because it’s a part of who they’ve become.” The whole family has completely changed their lifestyle, and sports have become an important part of their lives.

Eager to offer the gift of health to a new generation, Manulife has become a major partner in the YMCA’s physical literacy program. Historically, Manulife and Standard Life (the Canadian operations of which Manulife acquired in 2015) have consistently demonstrated support for the YMCA in Quebec. As part of the YMCA Springboard for Life Campaign, the Y has received an aggregate commitment of \$ 1,250,000 to continue its mission with youth and families.



About Manulife

Manulife Financial Corporation is a leading international financial services group that helps people achieve their dreams and aspirations by putting customers' needs first and providing the right advice and solutions. We operate primarily as John Hancock in the United States and Manulife elsewhere. We provide financial advice, insurance, as well as wealth and asset management solutions for individuals, groups and institutions. At the end of 2016, we had approximately 35,000 employees, 70,000 agents, and thousands of distribution partners, serving more than 22 million customers. As of September 30, 2017, we had over \$1 trillion (US\$806 billion) in assets under management and administration, and in the previous 12 months we made \$27.1 billion in payments to our customers. Our principal operations are in Asia, Canada and the United States where we have served customers for more than 100 years. With our global headquarters in Toronto, Canada, we trade as 'MFC' on the Toronto, New York, and the Philippine stock exchanges and under '945' in Hong Kong.

About the YMCAs of Québec

The YMCAs of Québec is a charitable organization that builds stronger communities by providing opportunities for everyone to lead fulfilling, active, healthy and engaged lives. Its 10 YMCA centres, International Language School, Residence, Camp YMCA Kanawana and its 34 service sites across the province are visited each year by more than 115,000 people. The first YMCA in North America was founded in Montréal in November 1851. The YMCAs of Québec is part of the Canadian network of 47 YMCA associations.

Sources:

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