



FOR IMMEDIATE RELEASE

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Kernersville Family YMCA Invites Community to Attend Healthy Kids Day on April 18

KERNERSVILLE, NC – April 7, 2009 – On Saturday, April 18, the Kernersville Family YMCA invites the community to participate in YMCA Healthy Kids Day, the nation’s largest health day for children and families. YMCA Healthy Kids Day includes fun, engaging and creative activities for children and families while promoting year-long wellness and healthy living. YMCA Healthy Kids Day events are free and open to all.

“As families struggle to balance life’s daily demands and persevere during an economic downturn, it’s important that we reach beyond our facility to the entire community,” says Ryan Wehs, Teens & Family Services Director for the YMCA. “With Healthy Kids Day, the Kernersville Family YMCA gives our neighbors the opportunity to take their minds off daily stresses, and instead have fun and focus on positive and healthy lifestyle changes for the whole family.”

This year activities will include games, demonstrations and fun crafts! The event will be held outside, in front of the Kernersville Family YMCA, located at 1113 West Mountain Street in Kernersville. The event will be from 10:00 a.m. to 12:00 pm. but will be cancelled if it rains. For more information about Healthy Kids Day, call the YMCA at 996-2231.

About YMCA of Northwest North Carolina

When the first YMCA was established in 1844 in London, England, its mission was to promote positive Christian values as well as healthy behaviors and activities. Today, the YMCA movement has spread to more than 130 countries around the world, supporting and influencing the lives of millions of men, women and children of all backgrounds. The YMCA of Northwest North Carolina association, a United Way agency, has been serving Winston-Salem and the surrounding areas since 1888. We have created a tradition of enhancing the lives of people in our community through an ever-growing list of programs and opportunities. We’re proud to serve the people of Northwest North Carolina by helping to build strong kids, strong families and strong communities. Our association currently serves more than 51,000 YMCA members and more than 100,000 people with our memberships and programs. The YMCA of Northwest North Carolina has adopted Healthy Community 2015 initiatives to prepare youth and teens to succeed, strengthen and support families, develop caring communities and adopt healthy living habits. The YMCA offers financial assistance for memberships and programs through the Open Doors Program. Learn more about the YMCA of Northwest North Carolina at <http://www.ymcanwnc.org>. For more information on its many branches and services, visit <http://www.ymcanwnc.org> or contact Amy McNeil, Director of Communications, at a.mcneil@ymcanwnc.org or 336-777-6252.

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We build strong kids, strong families, strong communities.

Administrative Offices

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Mission: Helping people reach their God-given potential in spirit, mind and body.

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