



**FOR IMMEDIATE RELEASE**

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**YMCA HOLDS 1<sup>ST</sup> ANNUAL SENIOR PROM**

**WILKESBORO, NC – September 14, 2009** – The Wilkes Family YMCA will hold its first annual Senior Prom on Saturday, October 17 from 6:00–9:00 p.m. at the Wilkes Family YMCA. The theme for the evening is “As Time Goes By.”

The YMCA is hosting this event for any seniors ages 55 or older who are young at heart. The evening is part of the YMCA’s initiative to help people get active and be healthy at all ages. Caroline Whitson, membership director for the YMCA, adds, “The YMCA is hoping that seniors from our community will come out, enjoy a special night and make a commitment to being active and staying healthy. Our YMCA has numerous opportunities for seniors to stay active and we thought this Senior Prom, a night of dancing, was a great way to show people how fun being active can be.”

Keith Ball, the “King of DJs,” and his crew will entertain by setting a special mood for this memorable evening. Light hors d’oeuvres and desserts will be served.

Tickets are \$10 per person and are available at the Wilkes Family YMCA or the Wilkes Express YMCA starting on September 15. If you have any questions about the event, please contact Andrea Vestal at 336-838-3991.

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**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. For more information on the YMCA of Northwest North Carolina and its many branches and services, visit [www.ymcanwnc.org](http://www.ymcanwnc.org) or contact Amy McNeil, Director of Communications, at 336-777-6252 or [a.mcneil@ymcanwnc.org](mailto:a.mcneil@ymcanwnc.org).

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