



**FOR IMMEDIATE RELEASE**

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**NOVANT AND YMCA HOST HEALTHY FAMILY DAY ON OCTOBER 3**

**CLEMMONS, NC – September 25, 2009** – The West Forsyth Family YMCA and Novant Health invite families to enjoy a day of fun activities and performances during Healthy Family Day. Healthy Family Day will be held on Saturday, October 3 from 10:00 a.m.-12:00 p.m. at the West Forsyth Family YMCA. If it rains, the event will be postponed until Saturday, October 10. Attendees are asked to bring a canned food donation in lieu of an admission fee.

Because of a shared mission to encourage healthier lifestyles among people of all ages, the YMCA and Novant Health have partnered to provide families with an educational and entertaining event. Nine Novant Health-affiliated groups will be participating, including PrimeCare, Sara Lee Center for Women’s Health at Forsyth Medical Center, Forsyth Behavioral Health, Forsyth Cardiac & Vascular Center, Sports Medicine Associates and four Novant Medical Group family medicine practices.

Healthy Family Day will be an opportunity for parents and children to learn about healthy lifestyle choices in an interactive setting. Attendees will enjoy performances by Metro Tae Kwon Do, Triple Threat DanCenter and Clemmons Gymnastics Cheerleading. Families will also have the opportunity to play together during the Activate America Field Games and Activate America Fleet Feet Fun Run. With truly something for everyone, Healthy Family Day activities will also include a petting zoo, pony rides, bounce houses, art exhibits, healthy snack vendors, face painting, health education booths and great giveaways! Be sure to come early because the YMCA will be handing out free t-shirts and goodie bags to the first 300 children.

Remember to mark October 3 on your calendars! Until then, if you would like more information about Novant Health, please visit [www.novanthealth.org](http://www.novanthealth.org). To find out more about Healthy Family Day or the West Forsyth Family YMCA, call (336) 712-2000 or visit [www.wfymca.org](http://www.wfymca.org). The West Forsyth Family YMCA is located at 1150 S. Peace Haven Rd. in Clemmons.

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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

**Administrative Offices**

**Winston Tower · 301 N. Main Street, Suite 1900 · Winston-Salem, NC 27101 · 336-777-8055**

[www.ymcawnc.org](http://www.ymcawnc.org)

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

A United Way Agency

We build strong kids, strong families, strong communities.





[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).

### **About Novant Health**

Novant Health is a not-for-profit integrated group of hospitals and physician practices, caring for patients and communities in North Carolina, Virginia and South Carolina. The Novant Medical Group consists of 1,112 physicians in 376 clinic locations. Hospital affiliates include Presbyterian Hospital, Presbyterian Orthopaedic Hospital, Presbyterian Hospital Matthews and Presbyterian Hospital Huntersville in the Charlotte area; Forsyth Medical Center and Medical Park Hospital in Winston-Salem; Thomasville Medical Center in Thomasville; Brunswick Community Hospital in Supply; Rowan Regional Medical Center in Salisbury; and Prince William Hospital in Manassas, VA. Other Novant facilities and programs include nursing homes and assisted living, outpatient surgery centers, medical plazas, rehabilitation programs, community health outreach programs and the national MedQuest organization with 103 diagnostic imaging centers in 13 states. Novant Health is ranked 12th nationally among the 2009 Top 100 Integrated Healthcare Networks, according to an analysis by the SDI health informatics company.

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