



**FOR IMMEDIATE RELEASE**

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**Free Family Fun at YMCA's Healthy Kids Day on May 10**

**WINSTON-SALEM, NC – APRIL 30, 2008** – Central Family YMCA will host Healthy Kids Day on May 10, 2008 from 11:00 a.m. to 1:00 p.m. at Hanes Park to celebrate making fitness fun. Healthy Kids Day features games, prizes, healthy food options, and many types of entertainment. The YMCA will host the free event to raise public awareness of healthy lifestyle choices. The rain location will be the Central Family YMCA, located at 775 West End Blvd in Winston-Salem.

Healthy Kids Day will have fun activities for the entire family, such as Major League Baseball Pitch, Hit and Run; bounce houses; field games; face painting; educational activities; arts and crafts; and competitions for free prizes, including a free bike. Performers will include DJ Jake Lookabill; the Boss Drummers; Dancers Edge; Y-Steppers, an all-male step team; Family Fitness demonstrations; and the Jazzy Jumpers, the 2007 AAU National Champion jump rope team. The first 300 children will also receive free t-shirts.

Exhibitors will share ideas for safe, healthy family fun. The Winston-Salem Police Department will do free fingerprint identification cards for children ages 5 to 15. Cyclesafe.org will sell children's bike helmets for \$5 each. Other exhibitors include the Forsyth County Public Library, the Winston-Salem Fire Department, Kidfit, Ronald McDonald House, Best Health, Camp Hanes, and more.

Healthy Kids Day is an annual event hosted by YMCAs across the nation. YMCA Healthy Kids Day is part of Activate America, a YMCA public health initiative. By celebrating health and wellness of young people through a variety of fun, physical activities, YMCA Healthy Kids Day encourages kids and families nationwide to stay active and healthy.

To find out more about the Healthy Kids Day, please visit <http://www.ymcanwnc.org> or contact Whitney Levens at [w.levens@ymcanwnc.org](mailto:w.levens@ymcanwnc.org). For more information on the YMCA of Northwest North Carolina and its many branches and services, visit <http://www.ymcanwnc.org> or contact Amy McNeil, Director of Communications, at [a.mcneil@ymcanwnc.org](mailto:a.mcneil@ymcanwnc.org).

**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 45,000 YMCA members and more than 100,000 people with our memberships and programs. Learn more about the YMCA of Northwest North Carolina at <http://www.ymcanwnc.org>.

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**Administrative Offices**

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[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.

