



FOR IMMEDIATE RELEASE

GLENDALE, CALIFORNIA

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PUT PLAY IN YOUR DAY AT YMCA OF GLENDALE'S 18th ANNUAL HEALTHY KIDS DAY

"YMCA's healthy kids day is the nation's largest health day for children and families"

April 18, 2009, 9:00 a.m. – 2:00 p.m., 140 N. Louise Street, Glendale, CA 91206

THE YMCA OF GLENDALE AND THE GLENDALE HEALTHY KIDS ORGANIZATION HAVE PARTNERED UP FOR A NATIONAL DAY OF PLAY: On April 18th a half-million kids and grown-ups, at more than seventeen hundred YMCA's nationwide, will celebrate the 18th annual YMCA Healthy Kids Day. This year THE YMCA of Glendale and the Glendale Healthy Kids Organization have partnered up for a National Day of Play! The YMCA's Healthy Kids Day is a fun, free day of active play and resources for healthier life choices. *A day filled with fun games, interactive learning, live entertainment, information on community resources, free health and dental screenings, nutritional professionals, and rejuvenating chair massages for the parents.* Over 40 vendors will participate in bringing the community of Glendale a day of play and Camille Levee, Executive Director of the Glendale Healthy Kids Organization will announce the local winner of the "Biggest Loser" contest. There will be a tremendous amount of spirit, energy and FUN in celebrating this national event. On Saturday, April 18th, from 9:00 a.m. until 2:00 p.m., taking place at the YMCA of Glendale, 140 North Louise Street, Glendale, CA 91206. The YMCA believes in building strong kids, strong families and strong communities. Please celebrate with us this fun, active, educational and empowering YMCA day.

YMCA OF GLENDALE: The YMCA of Glendale has been providing services to the community since 1924 with a mission to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. The YMCA of Glendale does this by offering programs and facilities for all ages with an experienced staff and

certified instructors who are here to serve their community. The YMCA organization is supported by volunteers who make sure everyone's participation, fitness, health and wellbeing is a great experience.

GLENDALE HEALTHY KIDS ORGANIZATION: Glendale Healthy Kids Organization in collaboration with volunteer healthcare professionals, community members and organizations, in combined effort, help to provide children of low-income and/or underinsured families access to healthcare. Glendale Healthy Kids Organization is also dedicated to offering and promoting health and wellness education to their community.



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