



## YMCA BUFFALO NIAGARA

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### ***SUNDAY KICKS OFF YMCA ACTIVE ADULT ACHIEVEMENT WEEK***

**(BUFFALO, NY)** –YMCA Buffalo Niagara will host their annual Active Adult Achievement Week April 19 – 25, 2009 at its six full-facility branches. This event celebrates our seniors who dedicate themselves to leading a healthier and more active lifestyle. Activities include but are not limited to luncheons, guest speakers, Silver Swim classes, healthy cooking classes, blood pressure screening and so much more! Activities vary per branch so be sure to contact your local YMCA for more information about their branch specific activities or visit us online at [www.ymcabuffaloniagra.org](http://www.ymcabuffaloniagra.org).

YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body. As a dynamic, charitable, community-based organization led by volunteers, YMCA Buffalo Niagara has been able to assist tens of thousands of youth, families, and senior citizens so that they can take part in YMCA membership programs.

YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York and YMCA Resident Camp Weona. For more information on all of the programs the YMCA has to offer and our financial assistance program, please contact your local YMCA branch or visit us online at [www.ymcabuffaloniagara.org](http://www.ymcabuffaloniagara.org).

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