



YMCA

We build strong kids,  
strong families, strong communities.

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## ***YMCA Buffalo Niagara Branches Celebrate YMCA Healthy Kids® Day on April 4***

**(Buffalo, NY)** – On Saturday, April 4, the six full facility YMCA Buffalo Niagara Branches invite the community to participate in YMCA Healthy Kids® Day, the nation’s largest health day for children and families. YMCA Healthy Kids Day includes fun, engaging and creative activities for children and families and promotes year-long wellness and healthy living. YMCA Healthy Kids Day events are free and open to all.

“As families struggle to balance life’s daily demands and persevere during an economic downturn, it is important that we reach beyond our YMCA facility to the entire community,” says Kathy Vallone, Communications Director for YMCA Buffalo Niagara. Through this event, YMCA Buffalo Niagara is giving our neighbors the opportunity to take their minds off daily stresses, and instead have fun and focus on positive sustainable healthy lifestyle changes together, as a family.”

This year, activities will include relay races, pool time, healthy food games, arts & crafts, face painting, kid’s yoga, massage therapy, visits from local fire and police departments, dental offices, and chiropractors all to help your family start their journey to a healthier and happier home. Educational take-home materials for parents will also be provided,

Most branches are also taking this opportunity to host their annual Easter Egg Hunts. Branch activities and times vary per location so please contact your local YMCA Branch to learn more!

<b>Branch</b>	<b>Time of Healthy Kids Day</b>	<b>Easter Egg Hunt</b>
Delaware Family YMCA – 875-1283	10:00 a.m. – 1:00 p.m.	9:00-10:00 a.m.
Ellicott-Masten Family YMCA – 845-5440	10:00 a.m.-2:00 p.m.	NA
Ken-Ton Family YMCA – 874-5051	3:00-5:00 p.m.	3:15-4:45 p.m.
Niagara Falls Family YMCA – 285-8491	10:00 a.m.-12:00 p.m.	10:00 a.m.-Noon
Northeast Family YMCA – 839-2543	10:00 a.m.-1:00 p.m.	9:30-10:30 a.m.
Southtowns Family YMCA – 674-9622	10:00 a.m.-2:00 p.m.	9:00-10:30 a.m.

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YMCA Healthy Kids Day will be celebrated across the country at more than 1,700 YMCAs. Last year, more than 700,000 attendees participated in YMCA Healthy Kids Day events nationwide.

YMCA Healthy Kids Day is supported by the following national donors: Disney Channel's Playhouse Disney, Eli Lilly and Company, Huggies Little Swimmers Brand, Northwestern Mutual Foundation and Tropicana.

YMCA Healthy Kids Day is also supported by the American Cancer Society, American Diabetes Association, American Heart Association, Centers for Disease Control and Prevention, and the National Association of Chronic Disease Directors.

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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