

YOLDER ADULTS™

We build strong kids, strong families, strong communities.

For Immediate Release: 6/5/09

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FREE Fitness and Education Awaits Seniors at Delaware Family YMCA

(Buffalo, NY) - The Delaware Family YMCA invites area seniors to join us on **Friday, June 12, 2009** for exercise and information. Join YMCA members for our hour long cardio circuit class, beginning at 11:00 a.m. followed by a guest speaker and lunch at noon. Dr. Joseph Falcone, a specialist in joint replacement at Sister's Hospital will cover the newest technologies in the field of joint replacement. Pre-registration is required for this **FREE community event**. Call the Delaware Family YMCA at 875-1283 to register.

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. Founded locally in 1852, the YMCA is committed to significantly expanding a fiscally sound, service delivery organization which delivers high quality, market driven services to a growing Western New York constituency.

As a dynamic, charitable, organization, YMCA Buffalo Niagara has been able to assist countless youth, families, and senior citizens so that they may benefit from YMCA programming. YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York, YMCA resident Camp Weona as well as 40 community based program sites. From fitness to school age child care programs, swimming lessons to camp, there is something for everyone at the YMCA. 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.

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