



YMCA

We build strong kids,
strong families, strong communities.

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YMCA to Play Key Role in 2009 Buffalo Wellfest

(Buffalo, NY) - YMCA Buffalo Niagara is pleased to collaborate with Harmony Expositions as they prepare to host their third annual Wellfest, April 17-18, 2009. The event will take place in the Golden Ballroom and Terrace Rooms of the Statler Towers, located at 107 Delaware Ave and will run from 10:00am-3:00pm on both days. Over the two days (Friday being focused on employers/employees and Saturday which is open to the public) the YMCA will be providing two interactive stations: "Preschool Activity Area" (ages 3-5 years old) and "Camp Corner" (ages 6-12 years old) so that your children can stay actively engaged while visiting Wellfest, as well as information on YMCA membership and program offerings, a camp information booth, and even fitness class demonstrations. As the event nears, tickets for Wellfest will also be available for purchase at any of the YMCA Buffalo Niagara branches.

"Wellfest provides a great opportunity to showcase our popular preschool, youth, camp, and membership programs," stated John Murray, President and CEO of YMCA Buffalo Niagara. "We are looking forward to collaborating with Harmony Expositions."

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.

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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.

About Harmony Expositions: Harmony Expositions is an innovative Worksite Health & Wellness company, dedicated to educating employee groups on how to live a healthier lifestyle. Harmony Expositions seeks out best-of-breed health, wellness, and safety providers in the community that participate with an organization's current benefits program, or offer special discounts.

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