



YMCA

We build strong kids,  
strong families, strong communities.

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Contact: Kathy Vallone, Communications Director, YMCA Buffalo Niagara

Phone: 716-565-6000 ext. 112

## **FREE Stress Exams and Wellness Screenings at Delaware YMCA**

**(Buffalo, NY)** – On Thursday, November 20, 2008 the Delaware Family YMCA will be opening its doors to the community to participate in a **FREE** stress exam and wellness screening event. This event is put on by Dr. Brian Pokorski, D.C., and will take place from 12:15-2:15 p.m. at the Delaware Family YMCA located at 2564 Delaware Ave., Buffalo. Each week, 95 million Americans suffer from some stress related symptoms for which they take medication and according to the AMA, stress is the cause of up to 80-85% of all human illness and disease. There are drug free solutions that you need to know about. To learn more please contact the Delaware Family YMCA at 875-1283.

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](http://www.ymcabuffaloniagara.org).

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