



YMCA Healthy Kids Day April 18, 2009

**Celebrate Healthy Kids, Families and Your Healthy Family Home
10:00am – 1:00pm at each Somerset Valley YMCA branch**

YMCA Healthy Kids Day is a free, fun-filled day of activities designed to promote healthy kids and families in spirit, mind and body. YMCA Healthy Kids Day celebrates making fitness fun, and introduces kids to an array of YMCA programs and tools that teach healthy behaviors and healthy ways to play--an essential lesson in learning how to take care of themselves throughout their lifetimes.

YMCA Healthy Kids Day is part of Activate America, an innovative public health initiative of the YMCA movement that is making healthy living a reality for millions of Americans. By celebrating health and wellness of young people through a variety of fun, physical activities, YMCA Healthy Kids Day encourages kids and families nationwide to stay active, connected and healthy.

YMCA Healthy Kids Day is supported by:
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.

Somerset Valley YMCA

Bridgewater Family YMCA (908) 526-0688
Hillsborough Family YMCA (908) 339-0490
Somerville Family YMCA (908) 722-4567
Partnering for a Healthy Community
www.ymcasomersetvalley.org