



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

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FOR IMMEDIATE RELEASE

Community Invited for Family Fun and Games at YMCA's Healthy Kids Day

Northbrook, IL: April 2016 – The North Suburban YMCA invites the public to enjoy an afternoon of active family fun at its annual Healthy Kids Day celebration on Saturday, April 30 from 1:00 to 4:00pm. Now in its 25th year, Healthy Kids Day is a national Y initiative that celebrates kids' health and teaches healthy habits to kids and families, inspiring a lifetime love of physical wellness through active play. The free event, open to the community, includes games, demonstrations, and community service projects to appeal to all ages and interests.

Friendly competitions like a wacky triathlon and a parent-child "Kookie Kwiz" will bring families together for a good laugh along with some exercise. Presentations from local organizations will deliver safety tips in a relaxed, interactive setting. Guests will also enjoy performances by the Y's dance company, gymnastics team, and martial arts program. The pool will be open with the WIBIT obstacle course during family swim, and a variety of age-appropriate projects will engage kids in rewarding community service.

"We are so excited to participate in the 25th anniversary of Healthy Kids Day, and inspire families to connect through fun, energetic activities," notes Kathy Fielding, Vice President of Member Engagement at the North Suburban YMCA. "We will have something for everybody on the schedule, and we hope the entire community will come to share some quality time at the Y. Come dressed to play!"

The North Suburban YMCA is located at 2705 Techny Road in Northbrook. For details about Healthy Kids Day and other YMCA programs, visit www.nsymca.org.

About the North Suburban YMCA

The YMCA is a charitable organization and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and

are accessible to all. For more information or to make a donation, contact Kim Nyren at knyren@nsymca.org, call 847-272-7250, or visit www.nsymca.org.



Photo Caption: Kids and parents love to race in the Wacky Triathlon, just one of the activities offered at the annual North Suburban YMCA Healthy Kids Day. The community event is free and open to the public.



Photo Caption: Kids learn tips for cooking their own healthy snacks at the YMCA's Healthy Kids Day on April 30.