

April 5, 2016

FOR IMMEDIATE RELEASE

## **Healthy Kids Day April 30 at Broad Acres Elementary School**

YMCA's Annual Event Helps Kids Exercise Mind and Body

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Silver Spring, MD. The YMCA Youth & Family Services (YFS) invites families, children, and the community at large to its annual Healthy Kids Day, Saturday, April 30<sup>th</sup>, from 10 am to 12:30 pm at JoAnn Leleck Broad Acres Elementary School, 710 Beacon Rd., Silver Spring. It's a nation-wide event by the YMCA to inspire good health and well-being for all families.

The community is invited to join in games, cooking demonstrations, and activities that encourage families to have a healthy routine at home. Healthy Kids Day is action-packed with field games, a safety station for young bicyclists and pedestrians, fresh snacks, and face painting. It's also a chance for participants of all ages to get free health screenings, to learn about YFS programs, and to interact with dozens of vendors from the community.

"Youth and Family Services has close ties to the Broad Acres community, through our after school programs and Linkages to Learning support services," Carson Henry, YFS Executive Director explains. "At Healthy Kids day families see and learn useful ways to stay active even after school lets out. It's too easy to slip into bad habits, so we're there to provide an alternative."

Healthy Kids Day is just one example of how YMCA YFS supports disadvantaged children and youth to keep mind and body active throughout the year. Our 17



programming sites within Montgomery County provide school and community-based early intervention services to at-risk children and their families across Montgomery County. We provide social services, teach life skills, and help participants make healthy choices for their future. (Nearly all of our services are provided free of charge.)

Partners in this year's Healthy Kids Day: Montgomery County Department of Transportation, Montgomery County Department of Health & Human Services, and Montgomery County Public Schools.

Nationwide, the Y helps more than 9 million youth overcome hurdles and provides a safe place to learn, stay healthy, and build friendships. For additional information about the YMCA Youth & Family Services, please call Carson Henry (per contact above), or visit [yfs.ymcadc.org](http://yfs.ymcadc.org).

Pictures of Healthy Kids Day in previous years:

