



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**\*\*\*MEDIA ALERT/PHOTO OPPORTUNITY\*\*\***

**YMCA's Healthy Kids Day® helps kids get ready to own their summer while exercising their minds and bodies**

**WHAT:** The YMCA of South Florida is holding a free community event at 9 locations across Broward, Miami-Dade and Monroe counties to inspire more kids to keep their minds and bodies active during the summer. Healthy Kids Day® is the Y's national initiative to improve families' overall health and well-being.

In addition to local dignitaries and community partners, each location will have **photo and interview opportunities with kids, families** participating in fun activities, including games, activities, arts and crafts, healthy food demonstrations, and other activities and entertainment. Interviews also available with **YMCA health and wellness experts** to speak with media.

**PHOTO VISUALS:**

- All Y Locations – Lots of physical activity to include kids and families engaged in physical activities, and family fun.

**WHEN:** Saturday, **April 21, 2018**, 10:00 AM – 1:00 PM

**WHERE: BROWARD COUNTY**

**Greater Hollywood YMCA Family Center**  
3161 Taft Street, Hollywood, FL 33021 954 989 9622

**L.A. Lee YMCA Family Center**  
408 NW 14th Terrace, Ft. Lauderdale, FL 33311 954 467 2444

**Pembroke Pines YMCA Family Center**  
501 SW 172nd Avenue, Pembroke Pines, FL 33029 | 954 727 9622

**Weston YMCA Family Center**  
20201 Saddle Club Road, Weston, FL 33327 954 424 9622

**MIAMI-DADE COUNTY**

**Homestead YMCA Family Center**  
1034 NE 8 Street, Homestead, FL 33030 • 305 248 5189

**North Pointe YMCA Family Center**

7351 NW 186 Street, Miami, FL 33015 • 786 433 9622

**South Dade YMCA Family Center**

9355 SW 134 Street, Miami, FL 33176 • 305 254 0310

**Village of Allapattah YMCA Family Center**

2370 NW 17<sup>th</sup> Avenue, Miami, FL 33142 • 305 635 9622

**YMCA Youth Development Department at Picnic Park West**

15151 NW 82nd Ave, Miami Lakes, FL 33016

**WHY:** One in three U.S. children is obese, and when summertime hits, kids will be more idle. Research shows that without access to out-of-school physical and learning activities, kids fall behind academically and gain weight twice as fast during summer than the school year. Healthy Kids Day is an opportunity for the community to focus on what kids need to grow and achieve all summer long.

YMCA of South Florida Healthy Kids Day is supported by Children's Services Council, The Children's Trust, Publix Super Markets Charities, and other local organizations.

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