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Contact: Tongelia Milton  
[tmilton@ymcasouthflorida.org](mailto:tmilton@ymcasouthflorida.org)  
954.334.9622 EXT 1090 (o)  
407.427.6953 (c)

**YMCA INVITES COMMUNITY TO CELEBRATE MARTIN LUTHER KING, JR.'S  
LEGACY WITH INSPIRATIONAL WEEKEND OF HONOR AND SERVICE**

*JM Family Enterprises, Miami HEAT, FPL, Broward College, Florida Panthers  
Support Inspirational Breakfast, Luncheon and MLK Day of Service*

SOUTH FLORIDA, January 3, 2017 – The YMCA of South Florida will celebrate the life and legacy of Dr. Martin Luther King, Jr., with the **13th Annual Martin Luther King, Jr., Inspirational Weekend January 13-16**. The weekend of activities consists of a Breakfast in Fort Lauderdale presented by JM Family Enterprises and a Luncheon in Miami presented by the Miami Heat on January 13, and the YMCA MLK Day of Service presented by FPL, Broward College and the Florida Panthers throughout South Florida on January 16.

The YMCA will bring together more than 800 business and community leaders for the breakfast and luncheon to promote unity and equality in people of all faiths and backgrounds while paying tribute to Dr. King. The Y, with the generous support of presenting sponsors JM Family Enterprises and the Miami HEAT, welcomes keynote speaker Vernice "FlyGirl" Armour for the inspirational breakfast and luncheon. Before she was 30 years old, Vernice "FlyGirl" Armour had become a decorated naval aviator, Camp Pendleton's 2001 Female Athlete of the Year and Strongest Warrior winner, the first female African-American on Nashville's motorcycle police squad and a member of the San Diego Sunfire professional women's football team. She also holds the title of America's First African American female combat pilot.

"We are thrilled to have FlyGirl keynote our weekend," said CEO and President of the YMCA of South Florida, Sheryl Woods. "With all of her accomplishments, she undoubtedly reinforces Dr. King's message of equality and standing for something. Her passion and experience challenges us all to make the most of our lives, primarily by believing in our own ability to challenge the world's differences."

Then, on the Martin Luther King Jr. Holiday, YMCAs throughout South Florida will honor Dr. King's community spirit by mobilizing more than 1,000 volunteers who will give back through the YMCA MLK Day of Service projects sponsored by FPL and Broward College. The Y, FPL, Broward College, Miami Heat, Florida Panthers, Miami Dolphins, Ocean Bank, Joe DiMaggio Children's Hospital, and other sponsors invite the community to gather at more than 20 sites where they can volunteer. Service projects range from care kits for first responders and helping at a soup kitchen to making repairs on seniors' homes and beautifying children's group homes and schools. It's an opportunity to make a difference and Stand for Something.

**BREAKFAST:** The breakfast will take place at 7:30 a.m. Friday, January 13, at First Baptist Church of Fort Lauderdale, 301 E. Broward Blvd., Fort Lauderdale.

**LUNCHEON:** The luncheon will take place at 11:30 a.m. Friday, January 13, at Temple Israel of Greater Miami, 137 N.E. 19<sup>TH</sup> St., Miami.

The breakfast and luncheon will each include a Spirit Award recipient who has shown

commitment to the ideals of social activism, civic engagement and diversity championed by Dr. King; as well as a Youth Leadership Award and scholarship.

**DAY OF SERVICE:** The Day of Service projects will take place on the Martin Luther King Jr. Holiday, at various locations around Broward and Miami-Dade counties, from 9 a.m. to 1 p.m. Visit [www.ymcastandforsomething.org](http://www.ymcastandforsomething.org) for locations and registration.

For Breakfast, Luncheon, or Day of Service sponsorships, contact Stephanie Salamah at 754.551.7174 or [ssalamah@ymcasouthflorida.org](mailto:ssalamah@ymcasouthflorida.org). Proceeds benefit Y programs serving those in need.

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### **About the YMCA of South Florida**

The Y is a leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. The Y impacts the community by nurturing the potential of kids, improving individual and community health and well-being, and giving back to our neighbors. The YMCA of South Florida is committed to addressing the most pressing needs of our community. Every day, the Y works hard to build healthy, confident, connected and secure children, adults, families and communities through over 200 afterschool, preschool, special needs, sports, camp and youth programs, family centers, and senior health outreach sites. To learn more, visit [www.ymcaofsouthflorida.org](http://www.ymcaofsouthflorida.org), connect on Facebook or Twitter, or call a Y near you.