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FOR HEALTHY LIVING
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**YMCA PARTNERS WITH FPL & BROWARD COLLEGE TO MAKE IT A DAY ON,
NOT A DAY OFF IN THE SISTRUNK COMMUNITY
ON MARTIN LUTHER KING JR. HOLIDAY**

Day of Service projects highlight volunteer efforts to help those in need in community

FORT LAUDERDALE, Fla. (January 12, 2018) – The YMCA of South Florida, along with partners Florida Power & Light Company (FPL) and Broward College, will hold its annual Day of Service at the L.A. Lee YMCA, giving the community an opportunity to give back to neighbors in need on the Martin Luther King, Jr. Holiday. The Annual MLK Day of Service main project site takes place from **9 a.m. to 1 p.m., on Monday, Jan. 15, and kicks off with an opening ceremony with YMCA CEO & President Sheryl Woods, FPL Corporate & External Affairs Manager Juliet Roulhac, and Fort Lauderdale Mayor Jack Seiler.** L.A. Lee YMCA is located at 408 NW 14th Terrace, Fort Lauderdale, FL, 33311.

Volunteers will come together to bring the Red School House and New Hope Baptist Church back to life through clean-up and beautification projects. FPL staff will be renovating the exterior of Cradle Learning Center, one of the oldest childcare learning centers in Fort Lauderdale.

“MLK Day is a great time to re-commit to serving each other and our communities,” said Sheryl A. Woods, CEO & President, YMCA of South Florida. “Working together to help someone in need and engage with businesses that have a rich history of involvement in the Sistrunk community, is a great way to honor Dr. King’s dream of unity and equality for all. It’s an opportunity to make a difference and stand for something.”

“This is a great way to start the new year by supporting communities we serve to help make Florida an even better place to work and raise a family,” said Juliet Roulhac, corporate and external affairs manager, FPL, Broward and Southwest Florida. “FPL employees and family are going to think about the smiles on the faces of the kids when they walk into the renovated childcare center as we partner with the YMCA to celebrate Dr. King’s legacy.”

YMCAs throughout South Florida will honor Dr. King’s community spirit with Day of Service projects that range from home repairs for seniors to school clean-ups to community garden work. The Annual YMCA MLK Day of Service is sponsored by FPL, Broward College and Ocean Bank. For other Day of Service project sites, visit www.ymcasouthflorida.org.

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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



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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, connect on Facebook or Twitter, or call a Y near you.