



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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## **The YMCA recognized by National Afterschool Association as one of Most Influential in Health & Wellness**

[South Florida, May 11, 2017] – The YMCA of South Florida was recognized by the National Afterschool Association as one of the Most Influential in Health & Wellness for strong advocacy for and support of health and wellness in afterschool programs.

According to the NAA, the YMCA was chosen because its service, action and leadership align with and support NAA Healthy Eating and Physical Activity (HEPA) Standards and affect large numbers of youth, families or afterschool professionals.

“The YMCA is committed to making our children and community healthier,” said Sheryl A. Woods, CEO & President, YMCA of South Florida. “We train all of our afterschool providers in South Florida in evidence-based physical activity strategies, operate an innovative Youth Wellness program, and constantly work on best practices around implementation of nutrition education.”

The YMCA of South Florida operates 106 afterschool programs across Broward, Miami-Dade and Monroe counties designed to cultivate values, skills and relationships that lead to positive behaviors, better health and educational achievement.

Y Afterschool Programs are available at YMCA Family Centers and various Community Locations. To find out more about YMCA afterschool programs, visit [ymcasouthflorida.org](http://ymcasouthflorida.org), or contact 954.334.9622.

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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. 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.