



YMCA of Northeast Avalon
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**YMCA of Northeast Avalon participates in
YMCA Healthy Kids Day – June 1, 2014**

St. John's, NL May 30, 2014 – On Sunday, June 1, 2014, the YMCA of Northeast Avalon will join YMCAs across Canada in hosting the annual YMCA Healthy Kids Day. A free community event for the entire family, YMCA Healthy Kids Day promotes the importance and benefits of a lifetime of healthy, active living by encouraging fun and simple daily actions.

“The health of our children is a serious matter, one that is very important to the YMCA and should be a top priority for parents, schools and all Canadians. YMCA Healthy Kids Day engages families and the community in fun and exciting activities that promote holistic health” says Jason Brown, CEO, at the YMCA of Northeast Avalon. “Raising healthy children is a community effort, and the YMCA is your community partner in nurturing the potential of kids,” adds Mr. Brown.

The YMCA believes healthy kids are the foundation and future of healthy communities. All year, the YMCA advocates for and offers programming that supports the healthy growth of children and youth in spirit, mind and body. YMCA Healthy Kids Day places special emphasis on showing children, youth and parents that being healthy can be fun and provides simple tips and resources to encourage families to live healthy every day.

The YMCA of Northeast Avalon will be hosting YMCA Healthy Kids Day Sunday, June 1, 2014, 9:00am – 12:00pm at the Ches Penney Family Y, 35 Ridge Road.

Specific YMCA Healthy Kids Day activities at the Ches Penney Family Y includes: bouncer gym, indoor playground, family swim, Far Out Fitness - Hoola Hoop and face painting.

The YMCA of Northeast Avalon is a charity dedicated to the entire health of individuals and communities. As a centre of community in the Northeast Avalon, the YMCA is accessible to all, and helps thousands of people of all ages, backgrounds and abilities live engaging, rewarding lives. We offer our participants holistic opportunities for healthy living, personal growth, and community involvement. The YMCA in Canada builds healthy communities by helping people reach their potential.

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For further information, please contact:

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*Building healthy
communities*