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YMCA Healthy Kids Day April 14 Brings Free Safety, Nutrition and Exercise Activities To Area Neighborhoods

For the 16th year, neighborhood YMCA of Greater Cincinnati (YMCA) branches are organizing free fun-filled, energy-packed activities all designed to teach and encourage children about healthy and safe lifestyles. It's all part of the YMCA Healthy Kids Day, April 14, a celebration of spring for the whole family.

With branches throughout Greater Cincinnati and Northern Kentucky, the community-based safety, nutrition and health fairs will feature booths, workshops, demonstrations, games, nutritious food, music, and more. Local fire and police departments will be on hand at many of the locations. Exact times and activities will vary by branch. For specific programming in each neighborhood, the public is invited to call their local branch directly or call the YMCA at 513-362-2100 to be referred to the closest branch.

One of the largest health awareness days for children, more than 500,000 kids and families nationwide participate in YMCA Healthy Kids Day each year. The annual event is part of YMCA Activate America, a public health initiative.

"Healthy Kids Day is part of the YMCA's commitment to promoting an environment where children grow and thrive mentally, physically, and spiritually," said Trisha Raynor, YMCA director of program development. "It will be a lot of fun for the whole family."

For the one day, the YMCA will waive the entire initiation fee for all new members who enroll on Saturday, April 14.

About the YMCA of Greater Cincinnati

One out of three Americans reports being a YMCA member at some point in his or her life. The 153-year old YMCA of Greater Cincinnati is the area's largest not-for-profit community service organization, serving 43,000 kids, 52,000 families, and 14,000 teens through a broad range of programs, including mentoring, youth leadership, and volunteerism through community outreach initiatives that promote the character values of caring, honesty, respect, and responsibility. The YMCA of Greater Cincinnati is also the Tri-state's largest provider of childcare, serving people of all faiths, races, ages and incomes. Financial assistance is available for all YMCA programs and membership. Visit www.myy.org to learn more about the YMCA of Greater Cincinnati.

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