



FOR IMMEDIATE RELEASE

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**YMCA OF PHILADELPHIA & VICINITY INVITES THE PUBLIC TO
ENJOY FAMILY FUN DAY IN THE PARK**

Philadelphia, September 14, 2009 – The YMCA of Philadelphia & Vicinity invites the public to join us for “YMCA Family Fun Day” on Sunday, September 27, 2009 from 9:00a.m. – 12:00p.m. at the Carousel House in Fairmount Park. The YMCA Family Fun Day is an opportunity for children and families to spend quality time together while enjoying a range of activities designed to promote the fun of fitness. The event is free, open to the public, and will be held rain or shine.

The YMCA Family Fun Day will include a variety of events and programs to suit the health interests and needs of the whole family. Children will enjoy group games, a youth hip-hop demonstration, arts and crafts, face-painting, and the always fun moon bounce. Parents can attend healthy cooking clinics, yoga, fitness and dance clinics, as well as take advantage of free health screenings provided by Keystone Mercy Health Plan East and Novartis. Parent-child flag football, outdoor line dancing, and family yoga will also be available for the entire family to enjoy together.

The YMCA Family Fun Day represents the culmination of the “America On the Move Week,” a week-long series of programs that celebrate fitness and healthy habits. “America On the Move Week” is part of the YMCA’s “Activate America” initiative, a national YMCA movement that represents a paradigm shift in the services we provide, the environments we inhabit, and the relationships we create in order to comprehensively facilitate the ongoing habits of healthful living. Through Activate America, the YMCA targets and engages “health-seekers,” those people who desire to improve their well-being but lack the environments and relationships that sustain total lifestyle changes.

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“It’s important that families take time to enjoy one another, especially at the start of the new school year” said John F. Flynn, President & CEO of the YMCA of Philadelphia & Vicinity. “The YMCA Family Fun Day is a special opportunity for families to start the fall by having fun together and by learning good diet and fitness habits.”

The YMCA Family Fun Day will take place on Sunday, September 27, 2009 from 9:00a.m. – 12:00p.m. at the Carousel House at the intersection of Belmont Avenue and North Concourse Drive in West Fairmount Park. For more information, call (215)963-3700.

The YMCA of Philadelphia & Vicinity is located at eleven branch sites throughout the Delaware Valley. In each community it serves, the YMCA is a vital home-away-from home for its members, a link to positive values and a place that strengthens minds, bodies and spirits through diverse youth, adult, and family programming. Throughout the Y, an emphasis is placed on building character through the values of caring, honesty, respect and responsibility.

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