

PRESS RELEASE

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Toby Wells YMCA

Hosts Junior Leagues' Kids in the Kitchen Event

And Early Camp Sign-Up Discount Day

Enjoy FREE Activities and Camp Savings

SAN DIEGO – In response to alarming statistics that an increasingly large percentage of children and adolescents are overweight or at risk of becoming overweight, the Junior League of San Diego will host a **FREE health and fitness fair** to promote healthy eating and active lifestyles for families with children ten and under. **Kids in the Kitchen** will take place 10:00 a.m. – 2:00 p.m., Saturday, March 8 at the Toby Wells YMCA in Kearny Mesa. The event, open to the public, will feature cooking demonstrations, interactive learning booths, an obstacle course, fitness stations, sports drills, interactive dance and yoga demonstrations and gymnastics presentations. Free giveaways are guaranteed to the first 500 attendees with additional drawings throughout the day including a 6-month Toby Wells YMCA family membership, gymnastics lessons and a parents' night out pass.

In addition, the Toby Wells YMCA, located at 5105 Overland Ave. and Mission Valley YMCA, at 5505 Friars Rd. are both hosting an Early Camp Sign-Up Discount Day from 9:00 a.m. – noon with a special \$10 discount per camp (some camps excluded) being offered throughout the day on March 8 only. Parents can meet camp vendors and talk with camp counselors. Children can enjoy free arts & crafts and face painting. (**Kids in the Kitchen** is at Toby Wells YMCA only.)

If you would like to learn more about camps offered at the Toby Wells and Mission Valley YMCA visit www.missionvalley.ymca.org or call (858) 496-9622, or (619) 298-3576. For more information on **Kids in the Kitchen**, visit www.jlsd.org.