



FOR IMMEDIATE RELEASE

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Military, Civilian Families Celebrate Healthy Kids Day[®], April 26

(San Diego) – Hundreds will gather from **10 a.m. to 2 p.m., Saturday, April 26 at Toby Wells YMCA** (5105 Overland Ave, 92124), for **Healthy Kids Day**, the Y's national effort to curb childhood obesity by encouraging young people to get active. The crowd will include dozens of military families through a unique partnership between the YMCA of San Diego County and the Armed Services YMCA.

Healthy Kids Day is part of the Y's national initiative to improve the health and well-being of families, featuring fun, active play and educational activities to help kids be healthy and reach their full potential.

Participants can expect a variety of activities including:

- The first 25 kids will receive a FREE T-shirt, with the 100 kids receiving a goodie bag
- Live entertainment and activities
- Food trucks, samples and product giveaways
- Community access to the indoor pool at the Y, including waterslide
- \$5 off any Y program on this day only

YMCA's Healthy Kids Day is supported locally by SDG&E and UT San Diego. Visit missionvalley.ymca.org for more info or call (858) 496-9622.

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About The YMCA of San Diego County

The YMCA of San Diego County is the second largest Y in the nation, serving hundreds of thousands of San Diego County residents and employing more than 4,500 people. Through a variety of programs and services, the Y unites people — regardless of age, income or background — to develop young people, encourage healthy living, and do what's right for San Diego.