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Carl H. Lindner YMCA To Host Healthy Kids Day April 12 Free Safety, Nutrition and Exercise Activities For Children

On April 12th, the Carl H. Lindner YMCA in Cincinnati's West End will be organizing free open-to-the-public 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 12 from 11:00 a.m. to 3:00 p.m., a celebration of spring for the whole family. YMCA branches throughout Greater Cincinnati will be holding similar activities for their neighborhoods.

The community-based safety, nutrition and health fair will feature booths, workshops, demonstrations, games, nutritious food, and more. Activities will include basketball and volleyball contests, youth tumbling, a youth/parent line dancing class, and a youth/parent open swim in the large indoor pool. (all kids will be swim safety tested prior to using the pool) The Carl H. Lindner YMCA is located at 1425B Linn Street; 45202. The phone number is 513-241-9622.

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 Donnie Kalb, CSCS, YMCA of Greater Cincinnati association director of health and wellness. "It will be a lot of fun for the whole family."

For the one day, the Greater Cincinnati YMCAs will waive the entire initiation fee for all new members who enroll on Saturday, April 12.

About the YMCA of Greater Cincinnati

The YMCA is the largest non-governmental, non-profit community services organization in this area that is committed to helping everyone reach their God-given potential in spirit, mind, and body – regardless of their ability to pay. Each year tens of thousands of people from children to seniors are able to participate in YMCA programs and services because of financial assistance, including health and wellness, active older adult programs, youth and teen camp, swimming and water safety lessons, teen achievers, college readiness, and job preparedness. With 60 locations, the YMCA of Greater Cincinnati is also the largest provider of child care programs, that in 2007, served nearly 10,000 kids on YMCA scholarships. The annual Strong Kids Campaign helps make that possible.

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