



For Immediate Release
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**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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The YMCA of Central & Northern Westchester promotes Healthy Kids Month! *Event helps kids get in shape for 5k at Camp Combe and fundraise for their peers*

White Plains, NY: March 25, 2017 – Beginning April 1, 2017, the White Plains YMCA, located at 250 Mamaroneck Avenue, will begin hosting free youth classes to inspire more kids to keep their minds *and* bodies active. A collaboration with their sister site, Camp Combe in Putnam valley to promote the YMCA's Healthy Kids Day®, the Y's national initiative to improve health and well-being for kids and families. The goal is to motivate and teach families how to develop healthy routines at home.

Youth ages 8 – 16 can register to run in the Camp Combe FunDraiser 5k on April 29, 2017 which is Healthy Kids Day, for Free. If they agree to raise \$50 to help other children less fortunate attend camp this year, they can then run for free and attend select classes at the White Plains Y for the entire month of April; membership is not required. Details are available on the website <http://ymca-cnw.org>.

"I am elated to have our Association working together in such an inclusive manner highlighting the strengths they offer to the community to promote Healthy Kids Day. Encouraging youth to live through philanthropy and healthy living, doing for their peers, this is truly hitting the mark for all of the YMCA's initiatives" said President and CEO Cynthia Rubino. YMCA's Healthy Kids Day, celebrated at over 1,300 Ys across the country by over 1.2 million participants, works to get more kids moving and learning, creating habits that they continue all summer long, which is a critical time for kids' health.

For more information, contact the YMCA at 914-949-8030. Information is also available on the website <http://ymca-cnw.org> and Facebook page.

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About the YMCA of Central and Northern Westchester

The YMCA of Central and Northern Westchester (YMCA-CNW) is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors. The Y is for everyone. Our programs, services and initiatives enable kids to realize their potential, prepare teens for college, offer ways for families to have fun together, empower people to be healthier in spirit, mind and body; prepare people for employment, welcome and embrace newcomers and help foster a community service ethic. And that's just the beginning. We strive to make our YMCAs accessible to everyone by providing financial aid assistance to those in need. Thank you to everyone in our communities who support our Annual Campaign every year. These dollars fund our ability to provide financial aid.

Camp Combe Y – A 100 acre summer day camp in Putnam Valley, NY providing traditional, specialty and adventure camps with an inclusion program for special needs children.

Community Y – With an Early Childhood Learning Center and School Age, on-site, before/after school programs and summer programs. Community is a non-facility Y that collaborates with area schools, community spaces and local pools/lakes to provide programs throughout Northern Westchester and Putnam Counties.

White Plains Y – A full service fitness and aquatics center with a childcare and early childhood learning center, summer camps, youth, teen and seniors programs as well as 160 housing rooms that are single occupancy affordable housing.

The Y. For a Better Us.

COMMUNITY YMCA

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