



West Valley Family YMCA



# Healthy Kid's Day 2009

**Saturday, April 18th, 2009**

**8:00 am - 12:00 pm**

**West Valley Family YMCA**

**18810 Vanowen Street, Reseda, CA 91335**

The West Valley YMCA invites you, your family and the community to participate in YMCA Healthy Kid's® Day, the nation's largest health day for children and families. YMCA Healthy Kid's Day includes fun, engaging and creative activities for children and families plus a fruit and pancake breakfast plus promotes year-long wellness and healthy living.

"As families struggle to balance life's daily demands and persevere during an economic downturn, it is important that we reach beyond our YMCA facility to the entire community," says Peggy Potter, Healthy Lifestyles Director. "In the West Valley Community we've been doing this with the annual YMCA Healthy Kid's Day event for more than 30 years. Through this event and with collaboration from our partners, we have given our neighbors the opportunity to take their minds off daily stresses, and instead have fun and focus on positive sustainable healthy lifestyle changes together, as a family."

*West Valley Family YMCA Healthy Kid's Day activities for kids and grown-ups will include:*

- **Fruit and Pancake Breakfast**
- **Child I.D. by Liberty Mutual**
- **Fun Reptile Show**
- **Dr. Jay Schlanger, OD, Free Vision Screening**
- **CHP Child Safety and Bike Rodeo**
- **Pinewood Derby**
- **And other Physical Fitness Challenges!**

For additional information, you may contact West Valley Family YMCA at (818) 774-2840.