



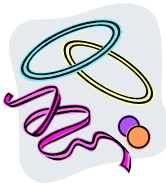
# Healthy Kids Day

**Saturday April 17, 2010**

**9:00AM-12:00PM**

YMCA Healthy Kids Day is the nation's largest health day for children and families. Healthy Kids Day is a part of Activate America, the YMCA's National initiative to assist kids, adults, and families who want to lead a healthy lifestyle.

**\*First 50 kids (up to 12 yrs. old) to register will receive a Free T-shirt\***

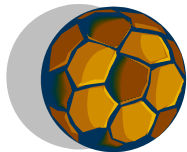


## Activities

**\*1/2 Mile Kids Race : Begins at 9:15  
(All participants receive a medal)**

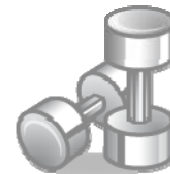
**\*Obstacle Course**

**\*Cooking Demonstration**



## **Plus. . .**

Information from **Healthy Armstrong**



## Healthy Kids Day Registration

**\*First 50 kids (up to 12 yrs. old) to register receive a free t-shirt.**

**Name:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Participating in Kids Race: Yes**  **NO**

**Parent's Name:** \_\_\_\_\_

**Contact Number:** \_\_\_\_\_

**\*For more information please contact Bethany Riggle at  
724-545-9622 or [briggles@armstrongymca.org](mailto:briggles@armstrongymca.org)**