

## Miami County YMCA Invites Kids and Parents to Attend Healthy Kids Day®, April 22<sup>nd</sup>

**[Troy, OH]** – On Saturday, April 22, from 10:00am-12:30pm, the Miami County YMCA is celebrating Healthy Kids Day® with a free community event that will help families find fun through active play and educational opportunities to improve health and well-being. As part of the Y's commitment to strengthening community by addressing critical gaps in health and education, Healthy Kids Day will encourage kids and parents to commit to keeping the body and mind active now and throughout the summer.

At Healthy Kids Day, the nation's largest health day for kids, families will enjoy a variety of YMCA activities such as: a fun run, bounce house, obstacle course, mini boat races, crafts and more. There will also be prizes given away to kids in attendance.

We would like to invite YOU, as a community partner to help encourage healthy living for kids and families throughout Miami County.

Healthy Kids Day takes place from 10am to 12:30pm at the Robinson Branch, 3060 South County Road 25-A, Troy. For more information, contact Kaci Gessaman at 440-9622 or k.gessaman@miamicountyymca.net.

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