



Treasure Valley Family YMCA

Caldwell Branch
3720 S. Indiana
Caldwell, ID 83605
208.454.9622

Downtown Branch
1050 W. State
Boise, ID 83702
208.344.5501

West Y-City Branch
5959 N. Discovery
Boise, ID 83713
208.377.9622

CONTACTS:

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344-5502 x 233

FOR IMMEDIATE RELEASE

May 9, 2006
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Put Play in Your Day at YMCA Healthy Kids Day presented by St. Luke's

YMCA Healthy Kids Day is a free, fun-filled day of activities designed to promote healthy kids and families in spirit, mind and body. The YMCA Healthy Kids Day event celebrates making fitness fun, and introduces kids to an array of YMCA programs that teach healthy behaviors and healthy ways to play - an essential lesson in learning how to take care of themselves throughout their lifetimes.

The 2006 YMCA Healthy Kids Day will be held **Saturday, May 13** at all three YMCA locations. **Healthy Kids Day is FREE to kids and their parents!** YMCA facilities will be open 7:00 a.m. – 8:00 p.m. (7:00 a.m. – 6:00 p.m. in Caldwell). A variety of games and activities will be held throughout the day.

Special activities presented by St. Luke's will include: Water Safety at the West Y-City and Caldwell branches from 1- 4 p.m. The Downtown Y will host Bike Safety from 1 – 4 p.m.

For more information, contact:

Caldwell YMCA – 454-9622
Downtown YMCA – 344-5501
West Y-City – 377-9622

Founded in 1902, **St. Luke's** mission is to improve the health of the people in our region by providing access to a full range of effective and efficient health care and related services, offered through a regional system. We will continue to fund our operations, our research, and our outreach programs from revenue and contributions while reinvesting

resources back into the community. YMCA Healthy Kids Day is an opportunity for **St. Luke's** to help parents raise safe and healthy kids.

St. Luke's has been recognized as Idaho's preferred hospital with the Consumer's Choice Award from National Research Corporation. We have received this honor four years in a row – 2000, 2001, 2002 and 2004.

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The Treasure Valley Family YMCA welcomes all people and provides an atmosphere to enrich spirit, mind and body. We are dedicated to the values of caring, honesty, respect and responsibility.
We build strong kids, strong families, strong communities