

## YMCA Healthy Kids Day

"Put Play in Their Day" was the motto on Saturday April 18<sup>th</sup> at Davis Family YMCA. YMCA Healthy Kids Day is part of YMCA Activate America, a national initiative designed to help children and adults discover and sustain healthier ways to live. YMCA Healthy Kids Day, the nation's largest health day for children and families, offered fun, engaging, and creative activities for children and families and promoted year-long wellness and healthier living. Families gathered to meet local health oriented providers and other health related facilities while enjoying educational resources, games, demonstrations, healthy treats, giveaways, and more. Providers and facilities there provided information and services about child identification cards, chiropractic care, tutoring, libraries, parks, nutritional information, and much more. Kids also enjoyed activities including face painting, balloon animals from clowns, swimming, bounce-a-round, soccer, and much more. The event was a success by providing parents and children fun and informative ways to keep their families healthy.

