



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Join us for our 14th Annual Healthy Kids Day

Friday, April 26, 2013  
5:00pm-7:30pm  
**FREE to the public!**



### YMCA Mission:

To put Christian principles into practice  
through programs that building healthy spirit,  
mind and body for all.

Not endorsed by Kanawha County Schools.

## Healthy Kids Day Get a Jump on Summer ! Registration Form

Turn in completed form day of event.

Friday, April 26, 2013

5:00pm-7:30pm

One form per child please.  
For children up to 12 years only.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_

Current YMCA Member? Yes  No

Email \_\_\_\_\_

Age \_\_\_\_\_ Phone \_\_\_\_\_



Charleston Family  
YMCA  
100 YMCA Drive  
Charleston, WV  
25311

Cross Lanes YMCA  
5113 Rocky Fork Rd  
Cross Lanes, WV  
25313

[ymcawv.org](http://ymcawv.org)



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# HEALTHY KIDS DAY®

## A YMCA Initiative

### FREE TO THE PUBLIC!



304.340.3527

[ymcawv.org](http://ymcawv.org)

YMCA of Kanawha Valley will host the 14th Annual Healthy Kids Day at the Charleston location on **Friday, April 26 from 5:00pm-7:30pm.** Fitness activities, healthy snacks, music and more!  
**FREE** back packs to first 400 children up to 12 years old.

**Activities scheduled:**

- YMCA Fitness Demonstrations
- Charleston Fire Dept. Safety House
- Kanawha Co Sheriff's Bike Rodeo
- H&H Enterprises Inflatable Activities
- Kanawha County Bookmobile
- South Charleston Lion's Club Eye Screening

Through the support of vendors and sponsors, the YMCA offers this event FREE to the public and supplies door prizes.

- Bicycles
- Basketballs
- Footballs
- Soccer Balls
- Hula Hoops
- YMCA One Year Family Membership
- Jump Ropes



**Healthy Kids Day Vendors**

- APPI
- Central Child Care of WV
- Change the Future WV
- Charleston Fire Department
- Charleston Police Department
- Children's Medicine Center, Dr. Sharon Istfan
- Children's Therapy Clinic
- Dr. Dolan & Kalaskey Orthodontist
- EN&T Associates of Charleston
- Girl Scouts
- H&H Enterprises
- April Hamilton, AmeriCorps Farm2School & KEYS for Healthy Kids
- Highland Hospital
- Kanawha County Library
- Kanawha County School Nurses
- Kanawha County Schools Preschool
- Kanawha County Sheriff's Department
- KEYS 4 Healthy Kids Youth Council
- MedExpress
- Metro 9-1-1
- Prestera Center
- Read Aloud WV
- Ronald McDonald House
- South Charleston Lions Club
- WVSU Extension Services
- WV WIC
- WVU Early Childhood Obesity Prevention
- 96.1 the Wolf



**THANKS TO OUR SPONSORS**



- Ben Blackwell
- Dana F. Eddy, Esq.
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- Tom Provost