



SOUTHERN BRANCH YMCA

100 Constitution Ave.
Shrewsbury, PA 17361
717-235-0446, ext. 24

Date: Saturday, April 21, 2018

Time: 9:00 a.m. – 11:00 a.m.

Healthy Kids Day is the Y's national initiative to improve families' health and well-being. The Southern Branch YMCA partners with the community, government, and health organizations to offer a **FREE** community event for kids and families. Healthy Kids Day is not just a single day of fun, active play and learning, it's a kick-off to help parents create a healthier summer. This day features games, physical play activities, health and safety education, arts and crafts and more to motivate and teach families how to develop a healthy routine at home.

Activities:

Fun Run (ages 5-12) – Starts at 10:00 a.m.

Home Depot Workshop – 9:00-11:00 a.m.

Genesis Golf 4 Kids Clinic – 9:00-11:00 a.m.

Girlscouts Ozobot Activity – 9:00-11:00 a.m.

Dorseys Fangs, Frogs, and more – 9:00-11:00 a.m.

Chick-Fil-A meet the Cow – 9:00-11:00 a.m.

Holistic Health Activity – 9:00-11:00 a.m.

www.yorkcoymca.org