



# TAKE ON SUMMER

## HEALTHY KIDS DAY

### Play, Learn & Connect at the Northshore YMCA

Summer is a time of active play and exploration for kids. But for some kids, exposure to activities that stimulate the body and mind ends with the school year. In fact, research shows that kids are more prone to gain weight and fall behind in studies over the summer months.

As part of the Y's commitment to strengthen 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 this summer. With 1,900 Ys hosting free Healthy Kids Day events across the country, it's never been a better time to get up, get out and grow.

- Activities
- Vendors
- Special Guests
- And More!

#### WHEN

April 27, 2013  
10:00 am - 1:00 pm

#### WHERE

Northshore YMCA  
11811 NE 195th St  
Bothell, WA 98011

#### EXTEND THE SPIRIT OF HEALTHY KIDS DAY!

The CanDo 5K/10K and 1 Mile Walk is a race that celebrates all abilities. The CanDo offers a professionally timed 5K and 10K course. The 5K Run/Walk, and the 1 Mile walk are all flat, loop courses around North Creek business park in Bothell, the morning before Healthy Kids day and conveniently across the street. This is a great event for serious runners and beginners alike - find out what you Can Do! More information at [cando5k.org](http://cando5k.org).



#### NORTHSHORE YMCA

11811 NE 195th ST, Bothell WA 98011  
P 425 485 9797 F 425 486 7757 [ymcanorthshore.org](http://ymcanorthshore.org)

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.