



For Immediate Release: 1/28/09
Contact: Kathy Vallone, Communications Director
Phone: 565-6000 ext. 112

Final Weekend to Save on a YMCA Membership!

(Buffalo, NY) - These are the final days to **SAVE BIG** on a YMCA membership for you or the entire family! Don't put off that New Year's resolution any longer! **Join by January 31st and we'll waive half of the Capital Development Charge (CDC) a savings of up to \$50!!** At your local YMCA we can help you start to lead a happier, healthier lifestyle all the while achieving your personal goals!

Until **January 31st**, YMCA Buffalo Niagara Branches welcome you to come and see all that the YMCA has to offer for **FREE!** Take your first step toward a life of well-being by stopping by, taking a tour and even taking part in a fitness class (where available).

As a YMCA member you are entitled to so many perks including priority registration, reduced program fees for classes, complimentary child watch, and unlimited use of the wellness center, gym, pool, and fitness classes. For more information about the campaign, contact your local YMCA Buffalo Niagara Branch today or visit us online at www.ymcabuffaloniagara.org!

Locally founded in 1852, YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body. The YMCAs focus on health and wellness is reflected in the variety of programs that we offer for all ages and abilities. Additionally collaborations with insurance carriers such as Univera, Independent Health, and BlueCross BlueShield provide the opportunity for those wanting to take the first step toward a healthier lifestyle to do so at the YMCA.

A not for profit organization, YMCA Buffalo Niagara serves over 100,000 people annually through the seven branches located throughout Western New York, YMCA Camp Weona, as well as at over 40 community based program sites. This tremendous outreach would not be possible without the support of our volunteers. From summer camp, preschool and school age child care to SilverSneakers®, youth sports programs and swimming lessons-there is something for everyone at the YMCA. For more information visit us online at www.ymcabuffaloniagara.org

###