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DELAWARE YMCA OFFERS STRENGTHENING FAMILIES DAY

(Buffalo, NY) - The Delaware Family YMCA will hold its first annual Strengthening Families Day to kick off its September membership Campaign, on **Saturday, September 6, 2008**. Held at the Delaware Family YMCA (2564 Delaware Ave., Buffalo), the event will highlight programs and services available at the YMCA and in the community, which serve to strengthen the health and well being of our community's families. Join us in a variety of health, wellness, swim, educational and just plain fun activities for all ages, scheduled between 10:00 a.m. and 2:00 p.m.

In addition to workshops, a bounce house will entertain children as parents browse the available offerings. Upstate New York Transplant Services will be conducting a blood drive, and refreshments will be served. For a complete schedule of activities, or to find out more about becoming a member of your YMCA, call 875-1283.

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. Founded locally in 1852, the YMCA is committed to significantly expanding a fiscally sound, service delivery organization which delivers high quality, market driven services to a growing Western New York constituency.

As a dynamic, charitable, organization, YMCA Buffalo Niagara has been able to assist countless youth, families, and senior citizens so that they may benefit from YMCA programming. YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York, YMCA resident Camp Weona as well as 40 community based program sites. From fitness to school age child care programs, swimming lessons to camp, there is something for everyone at the YMCA. For more information on all of the programs the YMCA has to offer and our financial assistance program, please contact your local YMCA branch or visit us online at www.ymcabuffaloniagara.org.

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