



For Immediate Release: 12/9/09  
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## New Year, New You!

**(Amherst, NY)** - Join the Northeast Family YMCA beginning Wednesday, January 6 for the New Year, New You program! Make 2010 the year you stick to your resolution! YMCA health and wellness staff will present practical advice that will help you develop healthier habits. This six-week program will help you develop specific goals, eat healthier, and jumpstart your exercise routine!

The program begins runs from 6:30 pm – 7:30p.m. and is only \$30 for YMCA members and \$40 for non-members. Register by calling 839-2543 by Monday, January 4<sup>th</sup>. For more information contact Jody Hares at the Northeast Family YMCA at 839-2543 or stop in to the branch located at 4433 Main St., Amherst.

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](http://www.ymcabuffaloniagara.org).

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