



PUBLIC SERVICE ANNOUNCEMENT

FOR IMMEDIATE RELEASE – April 2, 2014

Contact: Shannon Dininny, Memorial Communications, 509.577.5051

**Memorial Partners with Rock Solid Fitness for Spring Fling into Fitness and Wellness
Family-friendly event April 12 includes obstacle course, health information**

Spring is here, and it's time to get your family outside and moving again!

Yakima Valley Memorial Hospital will ensure your family is active at its Spring Fling into Fitness and Wellness event on April 12. It's a fun, family-friendly event intended to teach you some health and fitness tips.

Parents are encouraged to participate and work together with children to complete the ultimate obstacle course, with 25 obstacles of physical challenges sponsored by Rock Solid Fitness. There also will be nutrition and fitness information, so come prepared to learn wellness tips and leave with plans for improving your lifestyle.

There's no charge and no registration required, but please wear appropriate clothing – no sandals or flip-flops. Kohl's Associates in Action volunteers will be on hand for a check presentation for Memorial programs and to help with the fun activities. The event is from 10 a.m. to 12 p.m. in Yakima's Franklin Park, located at 2101 Tieton Dr.

For more information, visit yakimamemorial.org or call Kate Sansom at 225-3179.

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