



PUBLIC SERVICE ANNOUNCEMENT - FOR IMMEDIATE RELEASE

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Get fit, have fun at Spring Fling in Franklin Park

Family-friendly event April 30 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 Saturday, April 30. 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 their children to complete the ultimate obstacle course, with over 20 obstacles of physical challenges. There also will be nutrition and fitness information, so come prepared to pick up some 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. The event is sponsored by Yakima Valley Memorial Hospital and Kohl's Cares.

The event is from 10 a.m. to 12 p.m. in Yakima's Franklin Park, 2101 Tieton Dr.

For more information, visit yakimamemorial.org or call Juanita Silva at 225-3178.

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