

Centennial Hills Hospital MEDICAL CENTER

A Member of The Valley Health System™

For Immediate Release

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YMCA of Southern Nevada to hold 1st Annual Family Fest

Sponsored by Centennial Hills Hospital Medical Center

YMCA of Southern Nevada and Centennial Hills Hospital Medical Center are excited to announce their 1st Annual Family Fest. This fun-filled and educational event is free to all families. The event will take place on Saturday, October 3rd from 1P to 5P at Centennial Hills Park, located behind the Centennial Hills YMCA, at 6601 N. Buffalo Drive in the Northwest.

There will be healthy fun for the entire family.

- Participants can rock out to the music of ***Love Shack*** and groove to reggae beats of ***One Pin Short***.
- Kids can take part in free activities such as face painting, balloon artists' creations, jumping in a bounce house, climbing a rock wall and trying their skill at a dunk tank.
- Health & wellness booths will be packed with information for the whole family.
- Adults 18 and older can help protect themselves with a \$15 flu shot from Centennial Hills Hospital **(does not cover H1N1)**.
- Attendees can take advantage of free screenings for blood glucose, cholesterol and blood pressure.
- Families can enjoy a variety of festival snacks and lunch items priced from just \$1.
- Everyone will have a chance to receive free giveaways and meet some of the physicians on staff at Centennial Hills Hospital.

Families can also sign up for a 1.5 mile Fun Walk and Stroller Roll. The walk starts at 1pm. Register online at www.lasvegasyymca.org or register at the Family Fest at 11am. Walk Fees: \$10 Individual/\$25 Family. Proceeds will benefit the YMCA.

About Centennial Hills Hospital

Centennial Hills Hospital Medical Center is an eight-story, 165-bed hospital in northwest Clark County serving both the Las Vegas and North Las Vegas communities. The hospital is committed to providing quality care, including 24-hour emergency services, maternity, cardiology, critical care and other specialty services. For more information on Centennial Hills Hospital Medical Center, go to www.centennialhillshospital.com, or call 702-835-9700.

About the YMCA

A nonprofit organization led by a volunteer board of directors, the YMCA is dedicated to building strong kids, strong families and strong communities through aquatic, health and fitness, youth and family, and sporting programs for individuals of every age and fitness level. For more information, call 702-877-9622 or visit www.lasvegasyymca.org.

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