



# Press Release

## For Immediate Release

### April 22, 2010

#### HEALTH AWARENESS DAY AND HEALTHY KIDS DAY AN OUTSTANDING SUCCESS

The 20<sup>th</sup> annual Ridley Health Awareness Day was held on a beautiful April day in and around Ridley High School. Health Awareness Day is the result of a wonderful collaboration between the Taylor Community Foundation (TCF), Ridley School District, Taylor Hospital, Ridley Township Board of Commissioners, and, for the first time this year, the Ridley Area YMCA.

“Number Twenty” was likely the best Health Awareness Day ever, with a variety of free health screenings, healthy food offerings, a Moon Bounce, a group Dance Dance Revolution (DDR) station, a Nintendo Wii Fit Station, community volunteer awards, a Teddy Bear Clinic, a 5K Run/Walk with great prizes, fun activities in the gym, yoga instruction, masseuses, and much, much more.

Ridley Health Awareness Day continues to be one of the biggest volunteer events in the county. Many school clubs, community organizations, community volunteers, and TCF Scholarship recipients gave their time to ensure that the day was a success. Merging with the Community YMCA’s Healthy Kids Day activities served to expand volunteer opportunities. Over 140 volunteers helped make the event a smashing success.

TCF and the Health Awareness Day and Healthy Kids Day Committee honored several community volunteers with a special award this year. These awards recognize two adult volunteers and two student volunteers whose actions represent the spirit of volunteerism and which include a willingness to get involved, to make a generous commitment of time, and enhance the quality of life in the community.

Pat Reuss (adult volunteer), Chelsey Geiger (student volunteer), Victoria Lynch (student volunteer), and Jill Strasinski (adult volunteer) were honored during a ceremony in the gymnasium. Similarly, Bob Rigby’s twenty years of service to the event was also recognized.

Each award recipient was empowered with the ability to direct part of TCF’s grant budget to one of 43 TCF Eligible Organizations, all of whom benefit or serve residents of Eastern Delaware County.