

Move to Give' with the YMCA of Simcoe/Muskoka

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Photo provided by the YMCA of Simcoe/Muskoka

NEWS RELEASE YMCA OF SIMCOE/MUSKOKA

The fifth annual 'Move to Give' event will be hosted by the YMCA of Simcoe/Muskoka on April 6, 2019. The massive fundraising initiative will help community members access YMCA programs, who couldn't otherwise afford it. The goal of the event is to raise over \$100,000 in an effort to build healthier communities and eliminate financial barriers that many in our communities are facing.

Move to Give will take place simultaneously in eight YMCAs within our region: Barrie, Collingwood, Wasaga Beach, Gravenhurst, Innisfil, Midland, Orillia and Parry Sound. From running 5km to massive indoor cycling sessions, swimming challenges, fire truck pulls and more— participants will have the opportunity to challenge themselves physically while at the same time, give back to their community.

To kick-start Move to Give, 80 YMCA child care and school age programs across Simcoe/Muskoka will host an event on Wednesday, March 6. Children and their families will collect 'change to make change' in their communities and take part in activities that will have them moving and grooving.

“The goal of this tremendous fundraising event is to make sure everyone in our community has equal opportunity to live a healthy lifestyle. This means more than being physically fit. It also means having the opportunity to work, socialize, learn, and contribute to one’s community,” said Rob Armstrong, CEO, YMCA of Simcoe/Muskoka.

The YMCA of Simcoe/Muskoka provides a wide variety of programs that offer invaluable resources to communities. Health, fitness and recreation programs, rehabilitation programs, education, child care, employment and training programs, camp and outdoor skills, leadership and volunteer development, and immigration services – all are much-needed community programs. By hosting the fundraiser simultaneously across eight communities, it directly reflects the YMCA’s mission and values of community support, participation and belonging.

“Over the past four years this event has raised more than \$380,000 and brought together thousands of people across Simcoe/Muskoka – all working towards achieving the same goal – building healthier communities. Without this incredible support, we would not be able to provide our members with the over 1 million dollars in financial assistance each year,” said Armstrong.

Thank you to our sponsors This year’s Move to Give Presenting sponsor is Parkbridge Lifestyle Communities. Community sponsors include Collingwood Dental Centre, GerardBuckley.ca Mortgage Agent – Mortgage Wellness, and Push Promotional Product and Design. Their commitment to helping families in our community is sincerely appreciated.

All members of the community are invited to participate in Move to Give and are encouraged to raise pledges. For more information and to register for the event, please visit [here](#).