

# THE LAWTON CONSTITUTION

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## **Lawton Family YMCA to Host Healthy Kids Day**

The Lawton Family YMCA, No. 5 SW 5th, will host a Healthy Kids Day, a free community event designed to inspire kids to keep their minds and bodies active, from 11 a.m. to 1 p.m. Saturday.

The event will include games, vendors, drawings, healthy snack demonstrations and ideas to motivate families to become more active. Community participants include the Army National Guard, Court Appointed Advocates of Southwest Oklahoma, Girls Scouts, Lawton Police Department, Oklahoma State University Extension Service and Southwest Kids Against Tobacco. It is sponsored by City National Bank, Fit Kids of Southwest Oklahoma and Laugh Out Loud.

The YMCA said that “one in three U.S. children is obese and when summertime hits, kids will be more idle. ... Healthy Kids Day will help parents begin thinking early about what their kids need to grow and achieve all summer long.”