

P.O. Box 148
Perth Amboy, NJ 08861
Phone (732)442-3632
Fax (732) 324-6359

Press Release

Contact: Steve Jobin, CEO/President
Phone: (732)442-3632 July 16, 2007

raritan bay area ymca partners with THE BALANCE & STRETCH CENTER:

The Raritan Bay Area YMCA is pleased to announce our partnership with The Balance & Stretch Center. This partnership is based on a shared philosophy for health and life. Balance & Stretch is an innovative belief system designed to help children and adults balance their life and stretch their limits. "The mission of The Balance & Stretch Center and our mission are completely in sync in that we both strive to promote a healthy and balanced life for our communities. This partnership will provide us with educational and motivational guidance and tools to accomplish the tasks ahead," stated Steve Jobin, President and CEO.

This partnership is a prime example of the variety of supportive services that we will be offering to the community, we are dedicated to our mission of empowerment and education. This partnership will teach families to "balance" five critical components of health: Wellness Support, Food, Exercise, Stress, and Sleep. This partnership also instructs families to "stretch" their limits of achievement through five critical components of life: Faith, Community Service, Family & Friends, Work & School, and Personal Growth.

We fervently feel that our goal of strong bodies, minds and communities cannot be fulfilled without the support and guidance of organizations such as The Balance & Stretch Center. We are excited to be offering the community a safe haven in which not only their bodies, but also their minds and spirits can be lifted and engaged. Rick Miller, Chairman of The Balance & Stretch Center stated: "We are excited about the opportunity to support the Raritan Bay Area YMCA in their mission to build strong kids, strong families and strong communities. Our Balance & Stretch educational and motivational tools (see framework above) will help the YMCA staff as they help kids and families with positive health and life choices in order to improve the quality of life within their community."

The Raritan Bay Area YMCA is a charitable organization, devoted to putting Christian principles into practice by developing a healthy spirit, mind and body for all, through services based on the core values of caring, honesty, respect and responsibility. The YMCA is committed to building strong kids, strong families, and strong communities and provides services to all regardless of age, race, religion, gender, origin or financial means.

The Balance & Stretch Center Inc. is a nonprofit organization that supports other nonprofits to promote good health and a full life. Contact us at info@balanceandstretch.org for more information.