



DOING THE  
MOST GOOD™



**CONTACT:**

**Ivan Saul Cutler**

*Marketing Communications*

The Salvation Army of Greensboro

336.288.1560

salvationarmygso@bellsouth.net

**Michael Digh**

*Marketing Director*

YMCA of Greensboro

336.854.8410 ext. 113

michael.digh@ymcagreensboro.org

FOR IMMEDIATE RELEASE

**Exercise Your Heart with The Salvation Army and the YMCA of Greensboro**

GREENSBORO, North Carolina, July 13, 2009 — The Spears Family YMCA and The Salvation Army of Greensboro are issuing a challenge to the North Greensboro community to “Exercise Your Heart,” as a “life-giving” way to promote physical and charitable fitness and well-being.

On July 20, from 8 a.m. to 10 a.m. and 4 p.m. to 7 p.m. at the YMCA, 3216 Horse Pen Creek Road, The Salvation Army will receive donations of gently used apparel and household items to fill the shelves and racks of its Family Store.

“Our collaboration with The Salvation Army fulfills our mission of strengthening mind, body and spirit,” said Joe Hennigan, Spears FamilyYMCA executive director. “Getting into better physical shape and donating goods for the Army’s Family Store is a terrific way to feel good while exercising your heart.”

All bona fide donors will receive guest passes to use the massive family facility undergoing expansion

“Especially at this time when the need is great, the generous donations to our thrift store will help us support programs and services that transform people’s lives,” said Major Paul Egan, corps officer, The Salvation Army of Greensboro.

All tax-deductable donations of goods help stock The Salvation Army’s Greensboro Family Store, 307 West Lee Street, as well as clothe and furnish homes at no charge to needy individuals and families. Proceeds from Family Store sales fund the six-unit Boys & Girls Clubs and the Center of Hope, a structured living and learning shelter helping residents attain the dignity of self-sufficiency.

The seven-year-old Spears Family YMCA is undergoing a \$1 million expansion of its aerobic and fitness facilities, plus an enlarged entrance, health-wellness area, and teen and childcare areas, to meet the growing need of North Greensboro.

For more than a century, The Salvation Army has served Greensboro in a range of services to clothe, feed and house needy residents, without discrimination.

For 120 years, the mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all. We build strong kids, strong families, and strong communities.

###