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Princeton Physicians Volunteer to Rally Community's Support for the YMCA's Strong Kids Annual Campaign

Princeton, January 2011 The Princeton Family YMCA's Strong Kids Annual Campaign is critical to the Princeton community. The campaign, which raises funds annually to support youth development, healthy living, and social responsibility in the Princeton region and to provide access to critical programs for children and families in need, surpassed its 2010 goal by raising over \$100,000 last year, supporting more than 225 families with direct assistance. In 2011, the campaign goal is \$125,000, and local physicians Rameck Hunt, MD and Sean Naini, DO are leading the 2011 effort to build a stronger, healthier community.

Hunt and Naini, physicians with Princeton HealthCare Medical Associates, share between them years of experience focusing on the health and wellbeing of the Princeton community. Hunt, who specializes in the management of diabetes and women's health said, "We were honored to have been asked to co-chair this campaign for the Y. It was just a natural fit and we couldn't be more thrilled to encourage people to not only support the campaign so others can get healthy, but also encourage them to look to the Y to achieve their own health and wellness goals."

Dr. Naini, whose area of interest includes preventative medicine and helping those with diabetes and obesity, understands the importance of having a community organization committed to youth development. "Growing up, I was involved with my local Boys and Girls Club", said Naini. "It was a great outlet for me and I see that the Princeton Family YMCA does the same for the kids in Princeton. Strong Kids promotes the one thing missing in our children's lives - an active and healthy childhood. For many kids in the area, it's a chance of a lifetime just to go to camp in the summer or play on a soccer team that puts teamwork and friendship ahead of winning."

"At the YMCA, we believe that lasting personal and social change can only come about when we all work together", added Kate Bech, CEO for the Princeton Family YMCA. "Strengthening community is our cause and this opportunity for the community to support its YMCA will ensure that we can continue to support the initiatives that nurture the potential in teens, improve our community's health and well-being, and give back and support our neighbors."

In 2010, the Princeton Family YMCA affected the lives of well over 6,000 people, including 3,000 local youth and teens. By meeting critical community needs - through encouraging kids to participate in fun physical activity, helping them develop the skills and confidence to make smart choices, and giving them the support they need to be successful - the Y helps children and teens develop to their fullest potential in spirit, mind and body. "The YMCA is a place for children to laugh, learn and grow in an environment of caring, safety and support, and we're proud that here the character values of caring, honesty, respect and responsibility guide all that we do" said Bech.

The YMCA will kick off the campaign in its gymnasium on Wednesday evening, January 26, 2011 at 7:00 pm. Supporting campaign co-chairs Hunt and Naini will be the event's keynote speaker and Princeton resident, John Crowley, who will share his family's inspiring journey, featured in the film, *Extraordinary Measures*. "We would like the community to join us for the kick-off and in our efforts to raise money for this very important cause" said Hunt. The YMCA Strong Kids Campaign seeks donations from individuals, corporations and foundations to be able to continue to provide access to YMCA programming to individuals who would otherwise be unable to pay. To learn more, visit princetonymca.org or contact Denise Soto, Development and Communications Associate, at 609-497-9622 x209,

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The Princeton Family YMCA is a charitable, cause-driven organization dedicated to youth development, healthy living and social responsibility. For more information about YMCA programs visit princetonymca.org or call 609-497-9622



Local physicians Sean Naini, DO (left) and Rameck Hunt, MD (right) are co-chairing the Princeton Family YMCA's 2011 Strong Kids Campaign which kicks off at the end of January. Together they are leading the charge to raise \$125,000 to support youth development, healthy living and social responsibility in the Princeton region.