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YMCA of the Capital Area is hosting the SECOND ANNUAL UNITY DAY SET FOR MARCH 19-20

*Event offers Karate demonstrations, encourages physical, mental fitness
for kids throughout La.*

BATON ROUGE, La. – The YMCA of the Capital Area is proud to host Unity Day, an annual and free event to promote fun, fitness, and family and community values among schoolchildren throughout Louisiana, will take place March 19-20 in Baton Rouge.

Sponsored by the Louisiana Governor's Council on Physical Fitness and Sports, Unity Day activities begin with a workshop from 9 a.m. to 5 p.m. on Friday, March 19, at the Paula G. Manship YMCA at 8100 YMCA Plaza Drive. Children will learn techniques on stress management, meditation and nutrition to cope with stress in their daily lives and specifically as it applies to anxiety over the Louisiana Educational Assessment Program and Graduation Exit Examination standardized tests.

Students meet on Saturday, March 20, at the Family Christian Academy Gym at 9119 World Ministry Ave., for Karate lessons and demonstrations. State and national Karate instructors will introduce the ancient art form that students can use to build physical and mental confidence, self esteem, self-defense and problem solving.

In addition, a variety of wellness, health-care and fitness providers will have information booths for attendees.

"Unity Day is designed to build the mental, emotional and physical-fitness skills students need to improve their academic performance and quality of life," said Unity Day Karate Commissioner John G. Daniel. "Giving young people these tools helps them to become productive citizens and avoid crime, which ultimately benefits entire communities."

The event is free, though participants, instructors and educators are asked to register through the Unity Day Web site, www.UnityDayZone.com by March 17.

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