

Fitness expert to ponder Christian roots of the 'Y'

BEAVERTON — An internationally-reowned authority in the area of strength fitness is coming to Portland to help local YMCAs with their special annual focus on their agency's Christian roots.



Wayne Westcott

Wayne Westcott, fitness research director for the South Shore YMCA in Quincy, Mass., will speak at the annual *Christian Principles in Business and Life* dinner sponsored by the YMCA of Columbia-Willamette's Chaplain's office.

The event is 6:30 to 8:30 p.m. at the Beaverton Hoop YMCA, 9685 S.W. Harvest Court, and is preceded at 6 by a reception and tours of the facility.

Westcott has authored more than 20 books and serves as a consultant for numerous national organizations such as the U.S. military, the American Council on Exercise, the American Senior Fitness Association, and the National Youth Sports Safety Foundation.

He is also editorial advisor for many well-known publications, including *Prevention*, *Shape*, and *Club*

Industry magazines and has received a wide range of awards for his work.

YMCA of Columbia-Willamette Chaplain's office strengthens, encourages and comforts YMCA staff, members and volunteers as they put Christian principles into practice in the five-county Portland-Vancouver regional area.

The office supports the advancement of the goals and mission of the YMCA, which is to build the spirit, mind and body of those served.

For more information, contact Tammy Spencer at tspencer@ymca-portland.org or 503-382-4394.