



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

Boost Your Fitness for Fall at YMCA “Back to School, Back to You” Event

Northbrook, IL: September 2016 – Now that kids have returned to school, parents have a chance to catch their breath and pay attention to their own health activities. To add some motivation to that transition, the North Suburban YMCA announces its annual “Back to School, Back to You” event on Monday, September 19 from 9:00am to noon. Participants will enjoy free fitness classes led by the Y’s professional training staff, along with giveaways and special offers to get fall off to a great start. The event is open to NSYMCA members free of charge, and members are invited to bring guests.

“Back to School, Back to You” is filled with special services and programs provided by the YMCA and other local businesses. Event sponsor Athleta of Northbrook Court will offer free gift bags to the first 50 registrants. Other services and promotions include manicures by America Nail College, spray tans by Finnatic Tans, flu shots by Walmart Pharmacy, acupuncture by CKF Acupuncture, massages by Align Wellness, teeth scans by Graber Orthodontics, gift cards by Kovet Boutique Northbrook, and other demonstrations by Halo Laser and Aesthetic Medicine, College Nannies & Tutors, Arbonne International, and more.

“We’re excited to offer another fun and engaging Back to You event,” notes Megan Vazquez, NSYMCA Wellness Director. “Kids are getting a fresh start with a new school year, and parents can enjoy a fresh start as well. Our sponsors and staff have wonderful ways to motivate and inspire you for a great year ahead.”

This special morning of fitness and pampering is open to Y members and their guests free of charge at the North Suburban Y, 2705 Techny Road in Northbrook. Members may make appointments for services beginning September 12; guests may take advantage of services on a first come, first served basis. For more information, contact Megan Vazquez, 847 272 7250 or mvazquez@nsymca.org.



Photo Caption: Bring a friend to enjoy free fitness classes, personal services, and more at the North Suburban YMCA's Back to School, Back to You event on September 19.

About the [North Suburban YMCA](#)

The North Suburban YMCA serves 15 northern suburbs of Chicago, and for over 48 years has provided programs and services that address youth development, healthy living, and social responsibility every day. Working together for good is who we are: An association of people united in a common effort to help individuals become healthier, more connected, and confident. There is no other nonprofit quite like the Y: We have the national and local presence and partnerships to not just promise, but deliver, positive change, making sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive. For more information, visit nsymca.org.