



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

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FOR IMMEDIATE RELEASE

New YMCA Walking Group Takes to the Streets

Northbrook, IL: May 2016 – Summer weather has arrived, and a good walk with friends is the best way to start the day. The North Suburban YMCA makes it easy to find walking buddies with its new Outdoor Walking Group, meeting every Friday beginning June 17. Participants will meet for an invigorating walk at a variety of local locations between 8:00 and 9:00am. The group is led by Adult Services Coordinator and Personal Trainer Karen Brownlee, who will finish each walk with a stretch session.

“Walking is an outstanding way to improve your health, and it’s much easier to stay motivated when you have friends walking with you,” notes Brownlee. “Our Friday walking group will explore local routes that are attractive and comfortable. We’ll map out one-mile loops that group members can complete multiple times, based on their pace and stamina.”

The new YMCA walking group is open to all adults in the community. Interested participants should email Karen Brownlee at kbrownlee@nsymca.org to be added to the group’s mailing list for destinations, pricing, and weather updates. For more information about programs for adults at the Y, visit www.nsymca.org.



Photo Caption: The North Suburban YMCA will start a new outdoor walking group on Friday mornings, beginning on June 17 from 8:00 to 9:00am. To be added to the contact list, email Karen Brownlee, kbrownlee@nsymca.org.

About the North Suburban YMCA

The YMCA is a charitable organization and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Kim Nyren at 847-272-7250 or knyren@nsymca.org, or visit www.nsymca.org.