



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

North Suburban YMCA Launches New Adult Education and Support Programs

Northbrook, IL: February 2016 – The North Suburban YMCA has announced a number of new program initiatives geared toward adult interests and concerns. Under the direction of Adult Services Coordinator Karen Brownlee, these programs will provide educational opportunities, social support, and wellness enhancement for adults and seniors on a broad community level. Most of the events and activities will be open to the public free of charge or for a nominal fee.

The Y's new programs include stand-alone special events and ongoing groups, developed with the input of community members. According to Brownlee, the enthusiasm of the community has delivered an abundance of ideas that are quickly being implemented.

"I've gotten so many suggestions from individuals just chatting in the lobby or around the front desk after a class," notes Brownlee. "One member had the idea for a caregivers' support group, and we had five people show up for the very first meeting. That kind of response shows a real need in the adult community for discussion, advice, and connectedness."

The new Caregiver Support Group, which will meet on Tuesdays at 9:30am and Fridays at 9:00am, is an example of the welcoming, low-commitment model for ongoing adult ed programs at the Y. Participants are invited to spend an informal hour with others in similar situations, sharing challenges, suggestions, and support. As the group evolves, guest speakers may be invited to address relevant topics. The group is open to the public at no cost.

Similarly, free presentations are scheduled on a wide range of health and lifestyle subjects geared to the special interests of adults and seniors. The Y is partnering with Northwestern Medicine for a new speaker series on specific health topics, beginning with a discussion of high blood pressure treatment on February 26 at 9:30am. Also this month, Certified Senior Housing Professional JoEllen Davis will offer advice about how to take the stress out of downsizing on February 23, with sessions beginning at 9:00am and 9:30am. Upcoming adult education presentations will address lifestyle and wellness issues ranging from technology coaching for seniors to exercises to get gardeners in shape for spring planting.

Fitness programs that appeal to older participants are also on the upswing at the Y: on Wednesday and Thursday mornings, the Y's gym is set up for open pickleball matches. This popular paddle sport, which combines elements of tennis, badminton, and ping pong, delivers great exercise in a social setting. The Y provides the equipment free of charge to members, and non-members are welcome for \$5.00 a day.

"We feel like the sky's the limit for adult programming at our Y," notes Brownlee. "The adult and senior population of our community is growing, and the Y's commitment to social responsibility calls us to meet the needs of those people who might otherwise feel isolated. We're off to an exciting start."

The North Suburban YMCA is located at 2705 Techny Road in Northbrook. For information about upcoming Adult Education and Support programs, contact Karen Brownlee, brownlee@nsymca.org, visit www.nsymca.org, or follow the North Suburban YMCA on Facebook or Twitter.



Photo Caption: The North Suburban YMCA offers a variety of educational and social programs geared towards adults and seniors in the community.

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 Barb Flanagan at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.