



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
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www.nsymca.org

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FOR IMMEDIATE RELEASE

Moms Invited to Treat Themselves at YMCA's "Back to School, Back to You" Event

Northbrook, IL: September 2015 – The start of the school year can also be a fresh start for parents. Moms who want to feel invigorated and motivated can take advantage of the North Suburban YMCA's "Back to School, Back to You" event, a morning of fitness, health, beauty, and fashion advice from local experts. Free to NSYMCA members, "Back to School, Back to You" will be held from 9:00am to noon on September 28 at the Y, located at 2705 Techny Road in Northbrook.

"Back to School, Back to You" welcomes a wide variety of vendors from around the community who will offer advice, demonstrations, and on-site services. The morning features an energizing fitness class, along with a mini-expo where guests can tour booths for chair massages, fall fashion tips, facial waxing, spray tans, vision checks, and more. Participating businesses include Northwestern Medicine, Align Wellness Center, Closet Clarity, Finnatic Tan, House of Wax, optometrist Dr. Meghan Geiger, and Rodan & Fields Skin Care, among others. Healthy snacks and refreshments will be available courtesy of Sunset Foods. The Y will also offer free week-long guest passes and special discounts on memberships.

"We can all use a boost heading into fall," notes Kathy Fielding, NSYMCA Membership Director. "This event is an opportunity to get together with friends and treat yourself well. With the healthy tips and positive advice of our local experts, our members will come away feeling great."

For more information about the "Back to School, Back to You" event on September 28, visit www.nsymca.org.

About the North Suburban YMCA

The YMCA is a not-for-profit entity 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 Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.

Photo Caption: "Back to School, Back to You" at the YMCA includes fitness classes, fashion advice, complimentary services, and more.

