



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

YMCA Educates and Motivates with New Wellness Wednesday Programs for Adults

Northbrook, IL: September 2016 – The North Suburban YMCA has expanded its adult programming for the fall with a new Wellness Wednesday series of speakers. Designed to support healthy aging, these programs are offered free of charge and are open to the public to encourage participation throughout the community.

“Wellness Wednesday” programs, which meet from 10:30 to 11:30am at the Y, cover a wide range of topics and interests. These informal discussions are led by Y wellness staff or community professionals who offer their expertise in health management, elder law, and other areas. Topics for the coming weeks include:

- Exercises for Better Balance (September 21)
- Palliative Medicine (September 28)
- How to Stay in Your Home as Long as Possible and Planning for When You Can’t (October 5)
- Exercise and Arthritis (October 12)
- Inflammation and Nutrition (October 19)
- Exercises to Improve Brain Function (October 26)

In addition to these free programs, the Y now offers specialized classes to meet the mental and physical needs of adults as they age. These include chair yoga and “Sit and Be Fit” programs for individuals with reduced mobility, brain fitness classes, and small group personal training focused on balance, joint replacement rehab, flexibility, and other specific areas. Details of these programs can be found in the YMCA fall program guide, available at nsymca.org.

“The Y’s programs are designed to promote happy, healthy living at any age,” notes Karen Brownlee, NSYMCA Adult Programs Coordinator. “We’re excited to offer these new discussion groups and classes that support physical, mental, and social wellness for everyone.”

The North Suburban YMCA is located at 2705 Techny Road in Northbrook. For more information about Adult Programs at the Y, contact Karen Brownlee at kbrownlee@nsymca.org or call 847 272 7250.



Photo Caption: The YMCA offers programs like chair yoga and Sit and Be Fit to support wellness for adults of all ages and abilities.

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.