



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
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FOR IMMEDIATE RELEASE

YMCA Offers Free Adult Workshops in May for Healthy Aging Month

Northbrook, IL: May 2016 – The North Suburban YMCA continues its new series of Adult Education Programs in May, celebrating Healthy Aging Month with a wide variety of health, hobby, and financial discussions to appeal to any interest. The programs are free and open to the public, and all take place at the YMCA, 2705 Techny Road in Northbrook.

“We are very excited by the interest the community has shown for our expanded Adult Programs,” notes Karen Brownlee, NSYMCA Adult Services Coordinator. “This month we are welcoming a number of expert guest speakers as well as our own Y staff members for great discussions and demonstrations.”

Upcoming events include:

- **ABC’s of Dementia**, Tuesday, May 3, 9:30 to 10:30am -- The North Suburban YMCA’s Caregiver Support Group welcomes Courtney Bayron of the Northbrook Inn Memory Care Community. A specialist who has worked with dementia and Alzheimer’s patients for over 12 years, Bayron will discuss symptoms, treatment, and strategies for improving brain health.
- **Chair Yoga Demonstration**, Wednesday, May 4, 11:20 to 11:50am -- Chair Yoga is a great way to do yoga for those who may not easily be able to get up and down off of the floor. A 30-minute demo by Y instructor Karen Hughes shows the benefits of this exercise approach.
- **Garden Talk: Creating Container Gardens**, Friday, May 7, 9:15 to 10:00am -- Garden expert Megan Tyner returns for an interactive workshop on spring container gardens. Meet in the Y’s lobby, and then come out to the front patio for a hands-on planting demo, and learn tips for making beautiful outdoor container arrangements.
- **Historical Perspectives on Presidential Elections**, Tuesday, May 10, 8:00 to 9:00am -- Bill Ulivieri, financial analyst and owner of Cenacle Capital Management, will discuss how presidential elections (past and present) affect stocks, interest rates, and commodities.
- **Exercises to Improve Balance**, Wednesday, May 11, 11:20 to 11:50am -- NSYMCA fitness instructor Karen Brownlee demonstrates everyday exercises that enhance balance.

- **Brain Fitness**, Wednesday, May 18, 11:20 to 11:50am -- Computer specialist and former teacher Sara Silver will demonstrate how to use technology to train your brain to keep it fit and functioning.
- **Be Aware: Protect Yourself from Identity Theft and Fraud**, Thursday, May 19, 8:00 – 9:00am – Jim King, Vice President of Northbrook Bank & Trust, in conjunction with the Community Service Department of the Northbrook Police Department, will educate adults, especially senior citizens, about the current scams and risks to their identity and their bank, credit and other financial accounts.
- **Sit and Be Fit Demo**, Wednesday, May 25, 11:20-11:50 am Certified Sit and Be Fit instructor Karen Brownlee will give a demonstration of a Sit and Be Fit class. This new fitness program will be a new regular class at the Y this fall.
- **Navigating Senior Housing Options**, Thursday, May 26, 8:00-9:00am -- Courtney Bayron will help people learn and understand the different living communities available for seniors from independent living to nursing home care and everything in between.

In addition, the Y continues to offer its regular free programs for adults, including a drop-in Caregiver Support Group on Tuesday and Friday mornings and pick-up games of pickleball on Wednesdays. For complete information about Adult Services and Programs at the Y, visit www.nsymca.org or contact Karen Brownlee, kbrownlee@nsymca.org or 847 272 7250.



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.