



**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

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FOR IMMEDIATE RELEASE

**YMCA's Healthy Kids Day Inspires Action for All Ages**

**Northbrook, IL: April 2015** – The North Suburban YMCA welcomed community families on April 25 for a free, fun-filled afternoon in recognition of its annual Healthy Kids Day. This national initiative takes place at YMCAs throughout the country to encourage active playtime and safe habits for children and parents. Hundreds of guests attended the local event at the North Suburban Y, located at 2705 Techny Road in Northbrook.

During the event, almost every room of the Y was filled with games, activities and demonstrations. Kids burned off some energy participating in a “wacky triathlon,” a family dance party, and swimming in the indoor pool. When they were ready to cool down, they created greeting cards to send to military troops, viewed a martial arts demonstration, and learned about fire safety with the help of the Northbrook Fire Department. Throughout the day, local health business vendors offered helpful advice, healthy snacks, and special promotions.

Local sponsors provided significant support to Healthy Kids Day 2015. The Northbrook Rotary Club came out in force to serve as event volunteers, and event sponsors including Align Wellness, Sunset Foods, Chiro One, Humana, Sam’s Club, and Northwestern Medicine provided donations to make the event a success.

“Healthy Kids Day is always a wonderful opportunity for families to bond and have fun together,” notes Howard Schultz, Executive Director/CEO of the NSYMCA. “We show that there are all kinds of ways to be active and healthy, and everyone leaves feeling energized. We’re especially grateful to our sponsors, volunteers, and the Fire Department for helping us present this engaging event for the whole community.”

Registration is now open for Summer Session programs at the North Suburban YMCA. For more information, visit [www.nsymca.com](http://www.nsymca.com) or call 874 272 7250.



*Photo Caption: Kids enjoyed playing “Hungry Hippos” and a variety of other active games at the North Suburban YMCA’s Healthy Kids Day on April 25.*



*Photo Caption: Members of the Northbrook Fire Department demonstrated how they “suit up” to fight fires with help from NSYMCA CEO/Executive Director Howard Schultz (bottom right).*



*Photo Caption: Volunteers from the Rotary Club of Northbrook welcomed visitors to the North Suburban YMCA’s Healthy Kids Day event on April 25.*

**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](mailto:bflanagin@nsymca.org), or visit [www.nsymca.org](http://www.nsymca.org).