



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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YMCA**
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FOR IMMEDIATE RELEASE

**The North Suburban YMCA Changes Name of
Adult Education Series (AES) to YMCA Education Series (Y.E.S.)**

Northbrook, IL; February 2021: The North Suburban YMCA's Adult Education Series (AES) - one of the Y's most popular programs – announced today that it is changing its name to the **YMCA Education Series (Y.E.S.)**. The name change reflects the NSYMCA's broader commitment to its community and its variety of new programming choices available to shape the future of social responsibility, healthy living, and youth development.

"The new name – Y.E.S. – allows us to positively emphasize our extensive educational programming options, appealing to a wider, inclusive audience," said Kathy Fielding, CEO of the North Suburban YMCA. "As an agency with its roots in the community for over 50 years, we're committed to delivering breakthrough programming that helps connect everyone, including children, families, and adults."

Global and more inclusive programming such as "How to Have Conversations About Race", "The Power of Green", and monthly meditation classes are drawing large multi-generational audiences, demonstrating that broader topics are important to community members.

The AES series began in 2015 as a small program, with weekly presentations hosted in the Y lobby. Over the last 5 years, the program has grown tremendously. With the new virtual platform in 2020 in place, the program has grown to over 100 presentations a year and the audience attendance has doubled in size. The series is one of many of the NSYMCA's FREE programs open to the community.

Due to its ongoing success, leaders in the healthcare industry have joined the series, providing participants an even wider variety of educational topics. One such leader, Illinois Bone and Joint Institute (IBJI), has been a featured presenter over the past year.

"Our partnership with the NSYMCA has allowed us to build strong bonds with the community, specifically through these virtual webinars during this pandemic," said Laurie Jensen, Practice Liaison at IBJI. "It has been a convenient way to keep our communities connected from the comfort and safety of

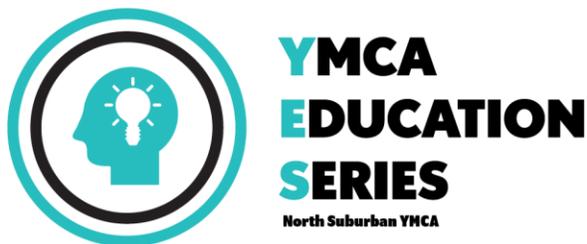
their own homes. We have seen great success in this program, with high attendance numbers, and it has been a wonderful way to connect viewers to our doctors. It is important to us at IBJI to continually provide educational resources through our partnership with the NSYMCA.”

The YMCA Education Series offers a wealth of monthly virtual programming geared toward all age groups and covers topics related to physical, mental, and social health and wellbeing. “Our Y is always seeking new partners and we want our local speakers to educate our community and be experts in their field,” states Karen Brownlee, Adult Programming Coordinator.

If you are an expert in your field and interested in being a presenter, please contact Kim Nyren, Director of Community Investment at knyren@nsymca.org. To register for a Y.E.S. program, FREE to the community, contact Karen Brownlee at kbrownlee@nsymca.org; for more information visit www.nsymca.org.

About the [North Suburban YMCA](#)

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at nsymca.org.



Caption: The North Suburban YMCA’s popular Adult Education Series announced that it is changing its name to the YMCA Education Series (Y.E.S.).