



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

For More Information Contact:

Nancy Gerstein

Nancy@cmacreative.com

847-401-0384 (direct)

FOR IMMEDIATE RELEASE

North Suburban YMCA Presents Seniorpalooza Health and Fun Fair

*Free community event on September 22 includes vendors, health screenings,
and a YMCA Education Series presentation offered by IBJI.*

Northbrook, IL: September 2021 – The North Suburban YMCA will host Seniorpalooza, a health and fun fair for older adults, on Wednesday, September 22 from 11:30am to 2:30pm. This free community event brings together a wide variety of local organizations offering presentations, health screenings, giveaways, and demonstration classes.

“We had an outstanding response to Seniorpalooza in the past, and we’re excited to offer it again in 2021,” notes Karen Brownlee, Adult Services Coordinator for the North Suburban YMCA. “The event is a wonderful opportunity for people to learn about resources and programs that enrich lives right here in our community.”

The event offerings begin with a *YMCA Education Series* presentation at 11:30 am by [Illinois Bone & Joint Institute](#). IBJI Board Certified Orthopedic Surgeon Dr. Sean Sutphen, DO will speak on “Arthritis of the Hip and Knee and How to Stay Healthy and Active as You Age.” In-person seating is limited, but a virtual option is available. All participants must register in advance at <https://www.nsymca.org/seniorpalooza>.

From 12:30 – 2:30pm the Health and Fun Fair will be open in the NSYMCA gym with an array of local senior-focused organizations hosting information booths, along with music provided by Bach to Rock. In addition, free health screenings will be available including Balance and Fall Risk Assessments by IBJI Physical Therapist Donna Ishak; Hearing Screenings and Video Otoscopy by Hearing Health Center; and flu shots administered by Walmart. Plus, NSYMCA classes will be demonstrated including chair yoga, Enhance Fitness, adult dance, and more.

Main event sponsors include Illinois Bone & Joint Institute, Northwestern Medicine, Allstate, Waterway and Wintrust Community Banks.

For more information about Seniorpalooza and to register, visit www.nsymca.org/seniorpalooza. To participate as a vendor or sponsor at Seniorpalooza, contact Kim Nyren at knyren@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 www.nsymca.org.



Caption: *On September 22nd the North Suburban YMCA will host Seniorpalooza, a free health and fun fair from 11:30 am – 2:30 pm.*