



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

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**FOR IMMEDIATE RELEASE**

**North Suburban YMCA Announces a Variety of February  
Adult Education Programming**

*Monthly programs are free and available to all.*

**Northbrook, IL; January 2020** – The North Suburban YMCA’s popular Adult Education Series offers a wealth of monthly virtual programming on topics related to physical, mental and financial health. The programming is free and open to the public. Highlights of February offerings include programming on race unity co-hosted with [RAIN](#) (Racial Awareness in the North Shore) on February 8; and on February 24, a lecture co-hosted with the [Illinois Bone & Joint Institute](#) that features tips on keeping bones healthy and strong.

“I love the fact that our YMCA has been able to think outside the box and outside our doors with virtual programming, to allow people to attend from anywhere,” commented North Suburban YMCA’s Adult Program Coordinator Karen Brownlee. “Through the Adult Education Series we can touch so many facets of people’s lives and have a positive impact on their ability to live better and be lifelong learners.”

The Y’s Adult Education Series including the Caregiver Support Group, Senior Brain Games, and the Social Club, provided in part by a recent grant from the Northbrook Women’s Club. To register for a program, contact Karen Brownlee at [kbrownlee@nsymca.org](mailto:kbrownlee@nsymca.org).

**North Suburban YMCA February Adult Education Series Schedule**

**Anxiety and Stress Management**

Monday, February 1 at 2:00 p.m.

Are you or someone you love dealing with every day anxiety, or is it an anxiety disorder? Maureen Rafa, a board-certified psychiatric mental health nurse, will help you understand the difference and discuss a variety of ways to manage stress and anxiety. Maureen works as an Elder Care Coordinator for the Law Offices of Stephen Sutura, P.C., an Elder Law Attorney.

### **Estate Planning 101**

Wednesday, February 3 at 9:15 a.m.

Elder Law Attorney Matt Margolis will talk about the importance of estate planning, covering what to include in the planning process, and how to use trusts and other tools to protect loved ones.

### **Tax Efficient Retirement Income**

Thursday, February 4 at 11:00 a.m.

Some of the top worries for retirees are maintaining a certain lifestyle, and outliving income and/or health care costs in retirement. Other worries include market volatility, impact of taxes on retirement, and when to take Social Security and long-term care. Join Wei Zhang, Certified Financial Educator® with a national 501(c)(3) non-profit organization, for an in-depth discussion on the typical sequence of spending and the planning opportunities to minimize the tax impact in retirement.

### **How to Have Conversations about Race**

Monday, February 8 at 7:00 p.m.

This event is hosted by North Suburban YMCA and RAIN (Racial Awareness in the North Shore). RAIN member, Van Gilmer, will introduce the topic of having conversations about race. Participants will move into smaller break-out groups led by RAIN members to help build skills to navigate race conversations.

### **Monthly Meditation**

Tuesday, February 9 at 11:15 a.m.

The second in a six-part series of guided meditation with Dr. Paul Nevin, a Doctor of Clinical Psychology and a Wellness Coach trained at the Mayo Clinic.

### **Heart Health Nutrition**

Wednesday, February 10 at 12:00 p.m.

Precision Nutrition Certified Nutrition Coach and YMCA Personal Trainer Anna Harris, will share helpful insights and guide you through strategies that will work to improve cardiovascular health.

### **Self-Care Strategies**

Monday, February 15 at 2:30 p.m.

Patti Conway, RN discusses simple strategies for self-care practices to enhance your well-being, focusing on your hands.

## Healthy Bones & Osteoporosis

Wednesday, February 24 at 7:00 p.m.

Illinois Bone and Joint Institute's Alejandra Rodriguez-Paez, MD, will discuss what to do to keep your bones healthy and strong.

For more information about the North Suburban YMCA, visit [www.nsymca.org](http://www.nsymca.org).

## About the [North Suburban YMCA](http://www.nsymca.org)

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](http://NSYMCA.org).

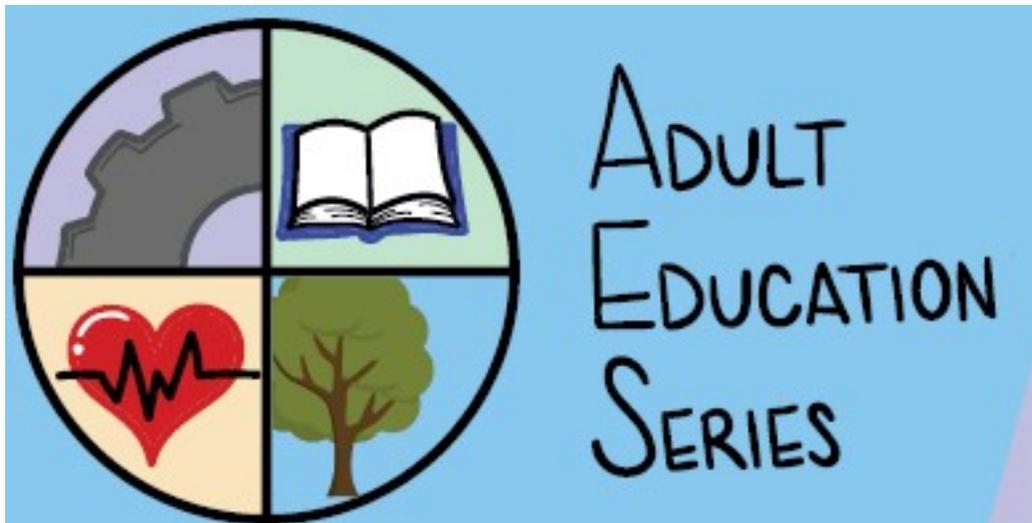
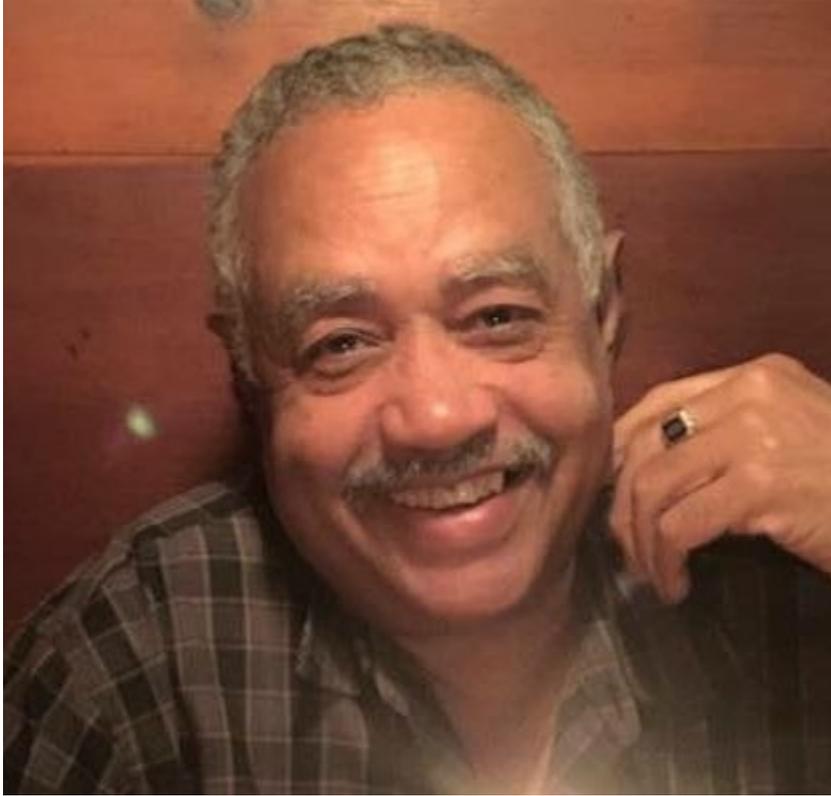


PHOTO ONE CAPTION: *The North Suburban YMCA offers free monthly virtual programs through its Adult Education Series.*



*PHOTO TWO CAPTION: Van Gilmer will lead a virtual program “How to Have Conversations about Race” on February 8<sup>th</sup>, cohosted by North Suburban YMCA and RAIN (Racial Awareness in the North Shore).*