



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

FOR IMMEDIATE RELEASE

North Suburban YMCA Hosts New 5K to Celebrate Healthy Kids Day on April 21

Northbrook, IL: The North Suburban YMCA will join over 2,000 YMCAs nationwide in celebrating the 27th Annual Healthy Kids Day on April 21. This year, the NSYMCA will introduce a new 5K Walk/Run to bring families together while supporting healthy lifestyles and activities for children throughout the northern suburbs.

The NSYMCA's 5K Walk/Run is open to the community. The race will begin at 8:00am at the Y, 2705 Techny Road in Northbrook, with preparation and last-minute registration opening at 7:00am. Prizes will be given to the top three finishers based on age and gender categories. Participants will celebrate the finish with the Y's Healthy Kids Day event that includes vendors, lively music, snacks, and a bounce house. Every participant will receive a short-sleeved tech T-shirt and goodie bag with samples from Skinny Pop, GoGo Squeeze, and more.

"Healthy Kids Day is always a great way to welcome spring and break out of sedentary habits after a long winter," notes Kathy Fielding, NSYMCA Senior VP of Membership Engagement. "Participating in the 5K brings families together for a common goal. Many people have requested a 5K at our Y for years. The Y listened and we hope to continue this tradition for many years to come."

All proceeds from the Healthy Kids Day 5K benefit the North Suburban YMCA. Support this year includes sponsorships from NorthShore University Health Systems, Sunset Foods, Chicago Wolves, Waterway Carwash, BankFinancial, Athleta, Whitehall of Deerfield, ChiroOne, Subway, Pinstripes, C2 Education, Level 3 TV, Lakeshore Recycling Systems, Bach to Rock, and Buffalo Wild Wings Northbrook. Sponsorship opportunities are available at a range of levels and corporate groups are invited to participate as well.

To ensure the selection of a desired size shirt, participants are encouraged to register early [here](#). In case of inclement weather, the event will be moved indoors.

For more information, visit NSYMCA.org or contact Kim Nyren, knyren@nsymca.org.



Photo Caption: Get spring off to an active start for your family with the North Suburban YMCA's Healthy Kids Day 5K Walk/Run on April 21, 2018.

About the [North Suburban YMCA](#)

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them 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.