



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

**North Suburban YMCA Honored with
Adult Education Programming Award**

Northbrook, IL - The North Suburban YMCA has announced today that its Adult Education Series (AES), spearheaded by Adult Program Coordinator Karen Brownlee, has received the 2020 YMCA Program Excellence award. The award presentation was held at the Illinois Fall Staff Virtual Meeting held on September 22-24.

The Y's Adult Education Series has grown to be one of its most popular and innovative adult offerings. Their virtual and live programming features Brain Games, Social Networking, the Y Social Club, the Caregivers Support Group, a virtual walking club, adult fitness classes, Seniorpalooza, and a variety of presentations discussing the latest in health and the community, with speakers from Northwestern Medicine, the Illinois Bone and Joint Institute, as well as financial and law experts.

NSYMCA CEO Kathy Fielding commended Brownlee's steadfast leadership of AES stating that, "Karen is a powerhouse of energy, innovation, and compassion. She always stays one step ahead of what our adult community needs, and is totally focused on the mission of the Y. She is always willing to listen and meet the needs of the community."

"My objective is to keep our community connected and let everyone know they're not alone. We just want to be there for them in any way that we can with programs to help educate, inspire and inform our adult community," commented Brownlee.

Community member Mary Smith agrees, stating that "Karen's dedication has opened up a new world of possibilities for me and my friends. Through the online classes and presentations, we've been able to stay connected with each other, and continue to learn."

For more information about the Adult Education Series at the North Suburban YMCA, visit 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](https://www.nsymca.org).



Caption: The North Suburban YMCA announced that its Adult Education Series (AES) led by Adult Program Coordinator Karen Brownlee (center), has received the 2020 YMCA Program Excellence award. From left, Megan Vazquez, NSYMCA Senior Director of Wellness; Karen Brownlee; and Kathy Fielding, NSYMCA CEO.