



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

**North Suburban YMCA and Weinberg Community for Senior Living
Host Free Health and Fun Fair for Seniors**

Northbrook, IL – The North Suburban YMCA will partner with CJE SeniorLife and Weinberg Community for Senior Living to present *Seniorpalooza*, a health and fun fair for older adults. This free community event will be held Sunday, July 16 from 10:00am to 1:00pm at the Y, 2705 Techny Road in Northbrook.

Seniorpalooza offers a wide variety of programs geared toward adults over 60, all to support individuals' health and social connection. Local health experts will offer health services including free blood pressure readings, osteoporosis screening, iron count, hearing/vision testing, and more. Participants will receive giveaways and special promotions from local vendors in the healthcare industry.

Activities will include low impact fitness classes including chair yoga; Parkinson's kickboxing; memory improv; and presentations on elder law and other topics. Technology experts will be on hand to give advice on using devices, social media, and online resources.

Free food will be offered from Subway Glenview, Pinstripes, and Sunset Foods. Other sponsors of the event include GhFITLAB, Connect Hearing, Brandel Health & Rehab, Chestnut Square at the Glen, Glenview Terrace, and Suncrest Hospice.

"We are excited to be working with CJE SeniorLife in bringing this new event to all the seniors in our community," says Kathy Fielding, NSYMCA Vice President of Programs and Member Engagement. "The Y is uniquely equipped to serve individuals of all ages, and *Seniorpalooza* gives us the opportunity to focus attention on the needs and capabilities of our senior population. It will be a fun setting for people to learn about available services and connect with friends and neighbors."

For more information about programs at the North Suburban YMCA, visit NSYMCA.org or call 847 272 7250.

About the [North Suburban YMCA](http://NorthSuburbanYMCA.org)

The North Suburban YMCA serves 15 northern suburbs of Chicago, and for over 48 years has provided

programs and services that address youth development, healthy living, and social responsibility every day. Working together for good is who we are: An association of people united in a common effort to help individuals become healthier, more connected, and confident. There is no other nonprofit quite like the Y: We have the national and local presence and partnerships to not just promise, but deliver, positive change, making sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive. For more information, visit nsymca.org.

About CJE SeniorLife and Weinberg Community for Senior Living

CJE SeniorLife, an innovative, comprehensive provider of life enrichment, supportive resources, healthcare, research, and education, serves more than 23,000 older adults and their family members every year. Weinberg Community for Senior Living in Deerfield is celebrating its 20th anniversary and is led by a management team with over 90 years of combined experience. Comprised of Gidwitz Place for Assisted Living and The Friend Center for Memory Care, it is recognized for its high-quality amenities and life enrichment activities including fitness programs, art classes, cultural excursions, and more. Call 847.374.0500 for a free tour or visit www.WeinbergCommunity.net to learn more. For more information about other CJE services, call 773.508.1000 or visit www.cje.net. CJE SeniorLife is a partner with the Jewish United Fund in serving our community.



Photo Caption: Seniors can take advantage of free health education programs and giveaways at Seniorpalooza, July 16 at the North Suburban YMCA.