



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

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FOR IMMEDIATE RELEASE

**Active Families are Happy Families at YMCA's Healthy Kids Day on April 29**

**Northbrook, IL: April 2017** – The North Suburban YMCA welcomes the community to an afternoon of family activities, games, and learning opportunities on April 29 from 1:00 to 4:00pm. The 26<sup>th</sup> Annual Y Healthy Kids Day inspires positive habits, showing that healthy living can be fun for everyone.

Healthy Kids Day is a national Y initiative, bringing communities together to celebrate wellness through active play. This year's event at the North Suburban Y, 2705 Techny Road in Northbrook, will include family-friendly games, balloon animals, face-painting, and giveaways and demonstrations from vendors. Community partner organizations will offer special presentations on safety and other topics important to families.

Children will enjoy games of "bubble soccer" as well as obstacle courses, swimming, art projects, and social responsibility activities including a worm bin to teach about composting. The first 200 guests at Healthy Kids Day will receive a free goodie bag, including a kite. Official event partners include Northwestern Medicine, UL, and Lowe's of Northbrook. The event is open to the public and free of charge.

"Healthy Kids Days is always a great opportunity for families to play, connect, and learn," notes Kathy Fielding, NSYMCA Vice President of Member Engagement. "We have a wide variety of activities to appeal to all ages and interests. Everyone is invited, and we look forward to a big turnout for this terrific community tradition."

For more information about events at the North Suburban YMCA, visit [NSYMCA.org](http://NSYMCA.org).

**About the [North Suburban YMCA](#)**

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](https://www.nsymca.org)



*Photo Caption: Kids love to play bubble soccer, just one of the activities to be offered at the annual North Suburban YMCA Healthy Kids Day on April 29. The community event is free and open to the public.*