



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
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FOR IMMEDIATE RELEASE

**YMCA Celebrates Creativity During Art Appreciation Month**

**Northbrook, IL:** Art is a powerful force for expression, discussion, and personal growth. The North Suburban YMCA promotes art for everyone throughout the year with community workshops, art exhibits, and a vast selection of art instruction classes. August, which is Art Appreciation Month, is the perfect time to start a new art experience with Fall Session YMCA programs beginning on August 29.

Visual arts have the capacity to express emotion, inspire action, and develop inventiveness. Current research demonstrates the vital nature of art in child development: [government-sponsored studies](#) indicate that students who participate in the arts achieve more academic success, aspire to higher career goals, and actively engage in the communities. August is recognized as Art Appreciation Month, an outstanding opportunity to learn, explore, and share the benefits of visual arts for people of all ages. For the youngest children, art helps to develop verbal communication, fine motor skills, creativity, and the ability to learn from graphic information.

With all these benefits in mind, the North Suburban Y strives to make art education available to everyone in the community. Y teachers provide free-of-charge workshops at local libraries, festivals, and other venues, including programs designed for children and adults with special needs. The Y also welcomes the public to free monthly exhibits in its Community Gallery, featuring the work of local artists and annual showcases for junior high students and adults with special needs.

The Y's [Fall Session](#), beginning August 29, brings more than 35 exciting art classes for individuals of all ages. Youth, teens and adults can explore all types of media, from drawing and painting to cutting-edge digital formats. Innovative new interdisciplinary programs merge art with music, science, history, and technology to fire interest and imagination.

Fall Session Registration for Y members is available now, and will open for non-members on August 3. Register by August 16 to take advantage of early bird discounts. For detailed class information and online registration, visit [www.nsymca.org](http://www.nsymca.org).



*Photo Caption: Art classes at the North Suburban YMCA promote creativity, fine motor skills, confidence, and more. New classes for the fall begin August 29, 2016.*

**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](http://nsymca.org).