



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

YMCA Introduces New Healthy Eating Programs for Fall Session

Northbrook, IL: August 2016 – Healthy living is a multifaceted experience. The connections between food choices, activities, and personal fulfillment are all essential to creating a truly happy, healthy life. With the goal of strengthening all those areas, the North Suburban YMCA now offers several new programs to help participants understand nutrition and discover delicious, energizing foods.

“Most of us aspire to eat healthier, but the specifics of how to achieve that can be very confusing,” notes Marlo Leaman, NSYMCA Vice President of Healthy Life Enrichment. “Our new programs are designed to demystify the language of nutrition in a fun, engaging way.”

Leaman, a registered Nutrition and Dietetic Technician, will partner with other fitness professionals at the Y for several Fall Session programs, including:

- **Fit Kitchen Cooking Classes:** Themes like “30 Minute Meals” and “Cook Once, Serve Twice” make healthy meal planning easy, even for busy households.
- **Mindful Eating Seminars:** By learning to eat with intention and attention, participants break the cycle of mindless snacking and rushed, oversized meals.
- **Nutrition Assessments:** One-on-one reviews of personal eating habits offer professional insight and concrete suggestions for improvement.
- **Wellness Wednesdays:** Weekly discussions will cover nutrition, fitness, activities for brain health, and more.

All these programs will be presented at the North Suburban YMCA’s facility at 2705 Techny Road in Northbrook. Registration is now open for all Fall Session programs. For schedules, fees, and other details, visit NSYMCA.org or call 874 272 7250.



Photo Caption: New healthy eating programs at the North Suburban YMCA promote informed food choices, mindful eating, and other positive habits.

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