



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

YMCA Remembers Inspiring 107-Year-Old Member Max Fabian

Northbrook, Illinois: The North Suburban YMCA community fondly remembers the life of Max Fabian, the Y's most senior member who passed away on January 11 at the age of 107. He is remembered for his wit and humor as much as for his remarkable commitment to health and wellness, consistently working out at the Y several days a week well after passing the century mark.

In an interview following his 103rd birthday party, Max responded to a question about the Y's role in helping him feel healthy all these years, by saying with smile, "It keeps me a little active, so instead of withering away I get to wear out, and my activity here keeps me in good shape physically and I'm happy to attend here as a member for years and years to come and the people around here make me feel the same way."

"All of us at the Y are grateful to have known Max," noted Howard Schultz, President and CEO of the North Suburban YMCA. "He inspired everyone with his energy and positive outlook. He was a living history book, and epitomized the connection between health, wellness, and longevity."

Fabian, a World War II veteran, continued his military-style exercise regimen with a decades-long membership at the NSYMCA, slowing down only when he reached the age of 105. In 2009, the Y named Max "Member of the Century" and awarded him a free lifetime membership in celebration of his 100th birthday. This was followed the next year with a "Second Childhood" Lifetime Youth Membership when he turned 101.

A short video featuring interviews, celebrations, and a clip of Max working out vigorously at age 101, can be seen on at <https://youtu.be/enhAeGsFsQ8>.

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

--more--

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.



Photo Caption: Max Fabian, who passed away January 11, was an active member of the North Suburban YMCA for decades who continued to exercise regularly until the age of 105.