



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

North Suburban YMCA Offers Free Workshops for National Money Smart Week

Northbrook, IL: As part of its ongoing adult education programs, the North Suburban YMCA has announced four informal workshops in support of the national Money Smart Week initiative. These single-session workshops, led by local experts, are offered free of charge and open to the public. Each session will be held at the Y, 2705 Techny Road in Northbrook.

Upcoming workshops include:

- **College Planning and Funding, Tuesday, April 24, 7:00pm:** A step-by-step discussion of the financial aid process facilitated by counselors from the Heartland Institute of Financial Education and the Illinois Student Assistant Commission.
- **Protect Yourself from Cons and Scams, Wednesday, April 25 11:15am:** Marilena Tanasescu, Vice President of Northbrook Bank & Trust, and Tom Moore, Community Relations Supervisor for the Northbrook Police Department, will educate adults, especially senior citizens, about current scams and risks to their identity and their bank, credit and other financial accounts.
- **Asset Accumulation and Protection, Thursday, April 26, 7:00pm:** Ideas, insight, and information to help protect and grow assets in unstable markets, presented by Wei Zhang of the Heartland Institute of Financial Education.
- **Retirement Planning and Estate Preservation, Saturday, April 28, 10:00am:** A discussion of retirement planning strategies, including sources of retirement income, IRAs, tax deferred vs. tax advantaged retirement plans, annuities, long term care, Medicare and Medicaid, and Social Security, presented by Wei Zhang of the Heartland Institute of Financial Education.

Created by the Federal Reserve Bank of Chicago in 2002, Money Smart Week is a public awareness campaign designed to help consumers better manage their finances. This is achieved through the collaboration and coordinated effort of thousands of organizations across the country. Karen

Brownlee, Adult Services Coordinator at the NSYMCA, saw the initiative as a natural fit with the Y's frequent adult education programs.

"The Y offers a number of free workshops every month to support the mental, physical, social, and financial well-being of our adult community, with 12 events scheduled during the month of April," notes Brownlee. "We are excited to participate in the national Money Smart Week campaign. These educational opportunities will make people feel more confident and inspired to take charge of their finances."

All adult education programs at the North Suburban YMCA are open to the public and free of charge. To learn more about upcoming programs, visit [NSYMCA.org](https://www.nsymca.org) or contact Karen Brownlee, kbrownlee@nsymca.org.



Photo Caption: The North Suburban YMCA's Adult Education Series welcomes local experts for informal discussions on a wide variety of topics. April's programs will include financial planning workshops in conjunction with national Money Smart Week.

About the [North Suburban YMCA](https://www.nsymca.org)

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, regardless of age, income, or background. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](https://www.nsymca.org).