



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

North Suburban YMCA Welcomes New Health Speaker Series from Northwestern Medicine

Northbrook, IL: February 2016 – The North Suburban YMCA and Northwestern Medicine will partner for a new Speaker Series on news and trends in health. These informational presentations, offered to the public free of charge, will bring leading medical professionals to the Y for engaging discussions and helpful tips. The Speaker Series is part of the Y's newly expanded Adult Education and Support programs.

In keeping with the theme of February being American Heart Health Month, the first Northwestern Medicine presentation on February 26 will focus on the treatment of high blood pressure. Dr. Elyse T. Esrig, an internal medicine specialist, and Dr. Micah J. Eimer, a cardiologist, will discuss the changing definition of high blood pressure, the plethora of medications used to treat it, and lifestyle approaches that may help reduce it. Free blood pressure screenings will be available. The session begins at 9:30am on Friday, February 26 at the YMCA, located at 2705 Techny Road in Northbrook. The presentation is free of charge, with no advance registration required.

Future presentations in 2016 will cover topics like allergy treatment, back-to-school exams, flu prevention, and skin cancer screenings. Specific dates and times will be available on the YMCA's website, www.nsymca.org. For more information about these and other Adult Education programs at the North Suburban YMCA, contact Adult Services Coordinator Karen Brownlee at kbrownlee@nsymca.org or 847 272 7250.



Photo Caption: Northwestern Medicine's Dr. Micah J. Eimer, cardiologist, and Dr. Elyse T. Esrig, internist, will present a free information session on high blood pressure at the North Suburban YMCA on February 26 at 9:30am.

About the North Suburban YMCA

The YMCA is a charitable organization and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.