



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

For More Information Contact:

Nancy Gerstein

Nancy@cmacreative.com

847.401.0384

FOR IMMEDIATE RELEASE

**NSYMCA Celebrates Women's History Month with
the Beauty Redefined Body Image Program**

Northbrook, IL: February 2022 – In honor of Women's History Month, the North Suburban YMCA will present "Beauty Redefined," a virtual event on Monday, March 7 at 7pm. The program will discuss Body Image Resilience. This free presentation, which is open to the public, is sponsored by the Diversity, Equity & Inclusion Committee (DEI), a collective of NSYMCA staff and board members, and the YMCA Education Series (Y.E.S).

The Beauty Redefined Body Image Resilience Program led by Megan Vazquez, Senior Director of Wellness at the NSYMCA, is designed to help participants make peace with their bodies through positive body image approach techniques. Participants will learn how to:

- Recognize harmful messages in media and culture about female bodies
- Reflect on the how the media's ideals about the female body have impacted one's life
- Redefine the ways participants think about beauty, health, and individual worth
- Develop resilience through one's own path that utilizes four sources of power

"In a world where most girls and women live in a very uncomfortable 'comfort zone' of body shame, anxiety, and fixation on appearance, this event will give our participants life-changing information as we redefine what beauty is, and how we can face current and future body image difficulties with clarity and strength," stated Vasquez.

Participants may register for Beauty Redefined [here](#). For more information contact, Megan Vazquez at Mvazquez@nsymca.org. To learn more about the North Suburban YMCA and its ongoing programs and services, visit nsymca.org, call 847-272-7250, or stop by 2705 Techny Road, Northbrook.



Caption: *The NSYMCA celebrates Women’s History Month in March with a free virtual presentation, “Beauty Redefined,” on Monday, March 7 at 7pm.*

About the North Suburban YMCA

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. 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).