



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

**For More Information Contact:**

Nancy Gerstein

[Nancy@cmacreative.com](mailto:Nancy@cmacreative.com)

847.401.0384

**FOR IMMEDIATE RELEASE**

**The “ABCs of Women’s History” Exhibit on Display  
at the North Suburban YMCA**

**Northbrook, IL: March 2022** – In honor of Women’s History Month, the North Suburban YMCA is exhibiting “The ABCs of Women’s History,” a visual presentation recognizing the vital roles and contributions of esteemed women throughout history. The presentation, now on display throughout the Y’s facility at 2705 Techny Road in Northbrook, acknowledges 26 influential women bringing their names and stories to the forefront.

The 2022 Women’s History Month theme, “Providing Healing, Promoting Hope,” is a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history. Since 1995, U.S. presidents have issued a series of annual proclamations designating the month of March as “Women’s History Month.”

“We commemorate Women's History Month to remind ourselves and educate others on the accomplishments of women to our culture and society throughout the years. From science to politics, it's is a chance to reflect on the trailblazing women who have lead the way for change,” said Megan Vazquez, the NSYMCA’s Senior Director of Wellness. “The ABCs of Women’s History” showcases women history makers from all walks of life including American Civil Aviator Bessie Coleman; US District Judge Diane Humetewa; and Olympic speed skater and Gold Medalist Erin Jackson.

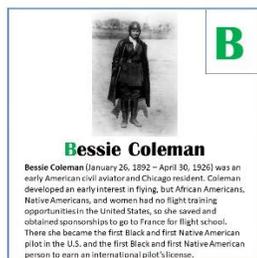
For more information about the North Suburban YMCA and its ongoing programs and services, visit [nsymca.org](http://nsymca.org), call 847-272-7250, or stop by 2705 Techny Road, Northbrook.

### 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.



*Caption: The NSYMCA celebrates Women's History Month with the "ABCs of Women's History" exhibit, a visual presentation recognizing the vital roles women have played throughout history. The presentation on display throughout the Y's facility acknowledges and honors 26 influential women and brings their names and stories to the forefront.*



*CAPTION/PHOTO 2: The “ABCs of Women’s History” presentation on display throughout the Y’s facility, acknowledges and honors 26 influential throughout history including American Civil Aviator Bessie Coleman.*



*CAPTION/PHOTO 3: The “ABCs of Women’s History” presentation on display throughout the Y’s facility in March acknowledges and honors 26 influential woman including United States District Court Diane Humetewa.*



*CAPTION/PHOTO 4: The “ABCs of Women’s History” presentation on display throughout the Y’s facility in March acknowledges and honors 26 influential woman including Olympic Gold Medalist Erin Jackson.*

# # #