



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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FOR IMMEDIATE RELEASE

NSYMCA Partners with Alzheimer's Association to Offer New Programs

Northbrook, IL; July, 2022: The North Suburban YMCA's Educational Series (Y.E.S.), a monthly series of free live and virtual presentations, has partnered with the Alzheimer's Association to offer three one-hour programs dedicated to Alzheimer's awareness. The first and last programs will be held virtually on Zoom and the second program scheduled for September 1, will be live with a virtual option.

The first Alzheimer's program, "Know the Ten Signs of Alzheimer's" will be presented on Tuesday, July 19 at noon, and led by Anna Sampley, MPH, Manager, Education & Community Volunteers, Alzheimer's Association Illinois. The program will cover the 10 common warning signs of Alzheimer's, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, and the diagnostic process and Alzheimer's Association resources. The presentation will be held virtual on zoom, and registration is required. To register visit [KNOW THE TEN SIGNS OF ALZHEIMER'S | North Suburban YMCA](#)

On Thursday, September 1 at 12 pm "Healthy Living for Your Brain & Body: Tips from the Latest Research" will be presented. The program includes a discussion of the science behind the brain and the body connection, and how lifestyle choices may help keep this connection healthy as we age. Attendees will learn the latest research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement for healthy aging. This presentation will be a hybrid with both a live presentation at the NSYMCA and virtually on Zoom. Registration is required and space is limited. To register visit [HEALTHY LIVING FOR YOUR BRAIN & BODY: Tips from the Latest Research | North Suburban YMCA \(nsymca.org\)](#)

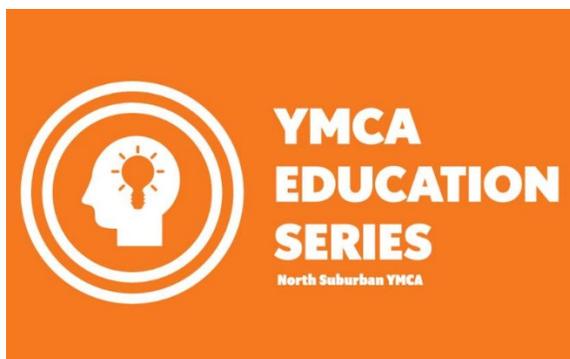
The final program in the Alzheimer's series will be held on Thursday, November 3 at 12 pm. "Understanding Alzheimer's & Dementia" will explain how Alzheimer's causes problems with memory, thinking, and behavior, and covers the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources. This presentation will be virtual on Zoom and registration is required. To register visit [UNDERSTANDING ALZHEIMER'S & DEMENTIA | North Suburban YMCA \(nsymca.org\)](https://www.nsymca.org/understanding-alzheimers-dementia)

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Its mission is to lead the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. For more information visit <https://www.alz.org/illinois>

The YMCA Education Series (Y.E.S.) is a series of free live presentations by local professionals covering topics related to physical, mental, and social health and wellbeing. The presentations are also recorded as podcasts and made available on the NSYMCA YouTube Platform. For more information visit www.nsymca.org or call 847-272-7250.

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

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).



Caption: The North Suburban YMCA is partnering with the Alzheimer's Association to offer three free informative presentations.

