



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)

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**FOR IMMEDIATE RELEASE**

**Annual Seniorpalooza Health and Fun Fair on Tap for September 14 at the NSYMCA**

*Free community event includes vendors, health screenings,  
and a YMCA Education Series presentation offered by IBJI*

**Northbrook, IL: September 2022** – The North Suburban YMCA will host its annual Seniorpalooza, a health and fun fair for older adults, on Wednesday, September 14 from 1 – 3pm. This free community event brings together a wide variety of local organizations offering wellness presentations, health screenings, giveaways, and demonstration classes.

The event offerings begin with a *YMCA Education Series Lunch and Learn* presentation at noon by Illinois Bone & Joint Institute. Dr. Leon Benson will speak on “A Look at Common Hand Injuries: Prevention, Diagnosis & Treatment of Arthritis, Carpal Tunnel Syndrome, Dupuytren’s Contracture, and Nerve problems”. This year Dr. Benson will be accompanied by a special guest, Cruise, his certified therapy dog. Cruise will be part of the presentation and participants will have an opportunity to see how therapy dogs help in the healing and wellness process.

In-person seating and lunch are limited, but a virtual option is available. All participants must register in advance at [Seniorpalooza | North Suburban YMCA \(nsymca.org\)](https://www.nsymca.org/seniorpalooza)

From 1 – 3 pm, the Health and Fun Fair will be open in the NSYMCA gym with local senior-focused organizations hosting information booths, free interactive health screenings, presentations, entertainment, vendor shopping, and health demonstrations. The fair now in its 5<sup>th</sup> year, typically brings in hundreds of community participants with over 30 vendors.

Also provided will be a flu shot clinic administered by Ascension Saint Francis Hospital. Both the super flu shot and the regular shots will be available, but super flu shots are limited. Walk-ins are welcome, but signing-up ahead of time will ensure your spot. You may sign up at [nsymca.org](http://nsymca.org) or at

<https://www.signupgenius.com/go/60B0B44AEAD29A6F94-flushots>

Premier event sponsors include Illinois Bone & Joint Institute, Northwestern Medicine, Allstate, Waterway Carwash, Wintrust Banks, The Manual Touch PT, Margolis Law, and the Daily Herald.

Participating vendors include Whitehall of Deerfield, Team Trux - @properties, The Northbrook Library, My Personal Bookkeeper, Northbrook Inn Memory Care Community, Kendra Scott Jewelry, North Shore Village Network, Verilife, Always Best Care – North Shore, CJE, and many more.

For more information about Seniorpalooza and to register, visit [www.nsymca.org/seniorpalooza](http://www.nsymca.org/seniorpalooza). To participate as a vendor or sponsor at Seniorpalooza, contact Kim Nyren at [knyren@nsymca.org](mailto:knyren@nsymca.org).

### **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 [www.nsymca.org](http://www.nsymca.org).



**Caption:** *On September 14, the North Suburban YMCA will host Seniorpalooza, a free health and fun fair from 12 – 3pm.*