



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

**Keshet Artists Featured at
NSYMCA November Community Gallery**

Northbrook, IL: October 2022 – The North Suburban YMCA Community Gallery is showcasing the artwork of Keshet participants through November with a reception scheduled for Thursday, November 9 from 6:30-8:30 pm. The artwork is for sale with a portion of the proceeds benefitting the Y's Visual Arts Program.

Keshet is a community-based, non-profit organization offering educational, vocational, recreational and residential programs for children, teens and adults with intellectual and developmental disabilities. Over 600 people with disabilities at 70 sites throughout metropolitan Chicago benefit directly from Keshet's support. Keshet values each individual and tailors experiences to create purposeful and meaningful lives for people with disabilities in their home communities.

Participants at GADOL, Keshet's day program for adults, have the opportunity to explore and create art and are encouraged to be creative with materials and experiment with different media. Art becomes a tool for developing interpersonal skills, reducing stress, increasing self-esteem and communicating ideas and emotions.

The NSYMCA's Community Gallery located at 2705 Techny Road in Northbrook celebrates the diversely talented artists living and working in Chicago's northern suburbs with monthly exhibits that are free and open to the public. For more information about art at the North Suburban YMCA, contact Cathie Winnie at cwinnie@nsymca.org or 847-272-7250.

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 North Suburban YMCA’s Community Gallery is showcasing artwork from the participants at Keshet. Shown here are paintings by Lisa Lucchese.