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**NORTH SUBURBAN
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FOR IMMEDIATE RELEASE

Women's History Month at the NSYMCA Features "Hear Our Voice" Storytelling Campaign

Northbrook, IL: March 2023 – In honor of Women's History Month 2023, the North Suburban YMCA is featuring the "Hear our Voice" storytelling campaign during the month of March. The Y is asking anyone who identifies as a woman to share their story by answering one or more prompted questions to be publicly shared on the NSYMCA walls.

Sponsored by the Y's Diversity, Equity, & Inclusion Committee (DEI), storytelling participants are asked to complete a short survey about Women's History Month. Participants may answer up to four questions to share and have the option to remain anonymous or use their first name. The 2023 Women's History Month theme "Celebrating Women Who Tell Our Stories", recognizes women, past and present, who have been active in all forms of media and storytelling including print, radio, TV, stage, screen, blogs, podcasts, news, and social media. Since 1995, US presidents have issued a series of annual proclamations designating the month of March as "Women's History Month."

"Every individual perceives Women's History Month to mean something unique to them. We are celebrating the roles women have held which strengthen communities and advance our agendas for the greater good. We're excited to read all the promising stories of leadership and vision being told by our community," said Pam Racansky, the YMCA Education Series (Y.E.S) Facilitator.

DEI is a small group of Y employees and board members committed to advancing, cultivating, and preserving a sense of culture, inclusion, and belonging by honoring stories and addressing the issues that impact the deepest parts of our humanity. The Y's DEI committee is looking for community volunteers to help further our mission of creating belonging for all. For more information, contact Megan Vazquez at mvazquez@nsymca.org.

Participants may share their stories and thoughts about Women’s History Month by visiting <https://lp.constantcontactpages.com/sv/bjqvJXc/womenshistorymonth2023>. For more information 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.

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 is celebrating Women’s History Month 2023 with a “Hear Our Voice” storytelling campaign.