



**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 & Fun Fair on September 17 at the NSYMCA**

Free community event includes vendors, health screenings, and a Y presentation offered by IBJI

Northbrook, IL: August 2025 – The North Suburban YMCA will host its 8<sup>th</sup> annual Seniorpalooza, a health and fun fair for older adults, on Wednesday, September 17 from 12 – 3 pm. This free and open to the community event brings together a wide variety of local organizations offering wellness presentations, health screenings, giveaways, raffles prizes, and flu clinics.

The event begins with a YMCA Education Series (Y.E.S.) presented from 12-1 pm by Illinois Bone & Joint Institute. Dr. Ryan Harold MD will speak on “Common Shoulder, Elbow, and Hand Issues.” This presentation will cover treatment options for common issues that cause pain and problems with the adult shoulder, elbow, and hand. Dr. Harold will discuss topics ranging from degenerative conditions such as arthritis and tendonitis, to acute injuries such as fractures/broken bones and ligament/tendon tears, along with a Q & A session at the end.

In-person seating is limited, but a podcast will be available on the YMCA website after the event. To register please click on this link: <https://lp.constantcontactpages.com/ev/reg/8efyxs6>. Day of walk-ins will only be available only if there is room. Light snacks and beverages will be served.

Immediately following the presentation, the Health and Fun Fair will be open from 1-3pm in the NSYMCA gym. With over 40+ vendors, the fair will have local senior-focused organizations hosting information booths & free interactive health screenings, including Balance Screening by Illinois Bone and Joint Institute. Seniorpalooza now in its 8th year, typically brings in hundreds of community participants.

A flu shot clinic will be provided and 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. The sign-up will be available at [nsymca.org](http://nsymca.org) in mid August. Look for that sign-up coming soon!

Premier event sponsors for the event include Illinois Bone & Joint Institute, Allstate and Wintrust Community Banks. Participating sponsors include Avantara Libertyville, Avantara Long Grove, Bella Terra Wheeling, HomeWatch CareGivers, Joint Relief Institute, Margolis Weldon, LLC, Right at Home, Warren Barr North Shore, Warren Barr Buffalo Grove, Whitehall of Deerfield, and another 30+ vendors.

There is still time to join and be a sponsor or a vendor. For an application please [CLICK HERE](#) or contact Kim Nyren at [knyren@nsymca.org](mailto:knyren@nsymca.org).

For more information about Seniorpalooza visit [www.nsymca.org/seniorpalooza](http://www.nsymca.org/seniorpalooza) or to sign up for for the IBIJ presentation at 12:00 pm click here: <https://lp.constantcontactpages.com/ev/reg/8efyxs6>.

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).



On September 17, the North Suburban YMCA, located at 2705 Techny Road, Northbrook will host its 8<sup>th</sup> Annual Seniorpalooza, a free health and fun fair from 12 – 3 pm.



On September 17, Dr. Ryan Harold, MD with the Illinois Bone and Joint Institute is the presenting speaker and will talk about “Common Shoulder, Elbow, and Hand Issues “at the NSYMCA SeniorPalooza at 12:00pm.