



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

**North Suburban YMCA Partners with
Alzheimer's Association for Three-Part Educational Series**

Three-part series includes two virtual presentations and special Lunch & Learn kicking off the Y's Inaugural SeniorPLAYooza on May 13th.

Northbrook, IL – February 2026 – The North Suburban YMCA's Educational Series (Y.E.S.), a monthly series of free live and virtual presentations, is once again partnering with the Alzheimer's Association to present three impactful programs focused on Alzheimer's awareness, brain health, and caregiver support.

This year's series will be bookended by two virtual presentations, along with a special in-person Lunch and Learn to help launch the NSYMCA's new community event, SeniorPLAYooza, on May 13. The new event will not only feature this special presentation but will also include senior-focused games and activities designed to challenge your brain.

Presentation #1: 10 Warning Signs of Alzheimer's

Virtual via Zoom

March 24, 2026 | 10:00 AM

This one-hour virtual program helps participants distinguish between typical aging and the warning signs of Alzheimer's disease in themselves and others. Attendees will learn the next steps to take, including how to begin conversations with healthcare providers.

To Register: [Y.E.S. 10 WARNING SIGNS OF ALZHEIMER'S](#)

Presentation #2: Supporting Brain Health in Our Community

In-Person Lunch & Learn

May 12, 2026 | 12:00 PM

Location: North Suburban YMCA, 2705 Techny Road, Northbrook, IL

This keynote presentation kicks off the NSYMCA's inaugural **SeniorPLAYooza** event and will provide practical, science-backed strategies to support lifelong brain health. The program will highlight findings from the U.S. POINTER study, including how cognitive engagement, physical activity, and healthy eating positively impact brain health.

Featured speakers from the Alzheimer's Association are, Karen Brownlee, Personal Trainer at the North Suburban YMCA, and Laura Morris, contributing author of *The Official MIND Diet*.

Attendance and lunch are limited to 80 pre-registered guests. Lunch will be provided only for registered attendees. Once the lunches are sold out, we will still accept day of walk-ins if space allows, but for the presentation only.

The Lunch & Learn will be followed by the inaugural **SeniorPLAYooza** from 1:00–3:00 PM. This free community event will feature 25+ senior-focused brain games, vendors, activities, raffles, and more — all designed to challenge the mind and celebrate active aging.

To Register: [SeniorPLAYooza Lunch & Learn](#)

Presentation #3: The Empowered Caregiver: Supporting Independence

Virtual via Zoom

September 8, 2026 | 10:00 AM

This powerful session focuses on supporting individuals living with dementia while promoting independence for as long as possible. Caregivers will learn how Alzheimer's impacts safety, how to provide the appropriate level of support, and practical tips to make daily activities meaningful for their loved ones.

To Register: [Y.E.S. EMPOWERED CAREGIVER: SUPPORTING INDEPENDENCE](#)

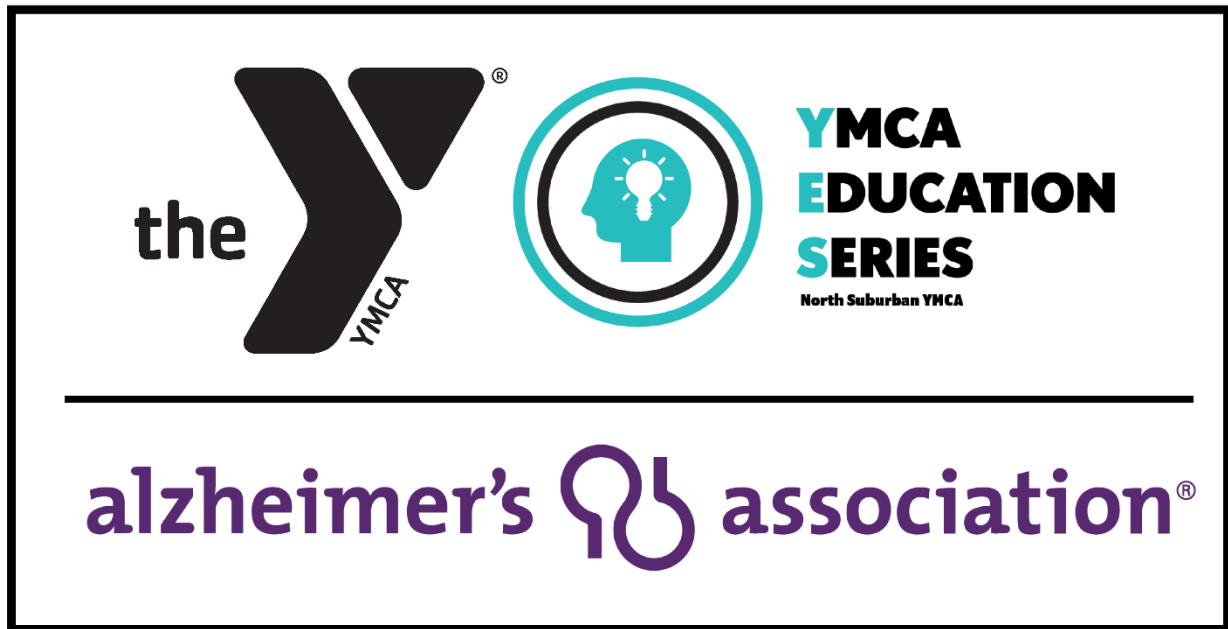
"The Alzheimer's Association has been a valued partner of the NSYMCA for over 10 years, and the information they provide is incredibly important and beneficial to our community," said Karen Brownlee, Adult Programming Coordinator. "Our Y.E.S. series will continue bringing educational forums to the community throughout 2026, and we are grateful to the businesses and nonprofit organizations that support our mission."

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 and made available on the [NSYMCA YouTube Platform](#). To be a Y.E.S. speaker or learn more about the Y.E.S. Series contact Kim Nyren at knyren@nsymca.org or visit www.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 NSYMCA.org



The North Suburban YMCA in partnership with the Alzheimer's Association will have a series of presentations on 3/24, 5/13 and 9/8 educating the community on Alzheimer's.