



**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

For More Information Contact:

Kim Nyren
knyren@nsymca.org
847-272-7250

FOR IMMEDIATE RELEASE

NSYMCA Seniorpalooza Health & Fun Fair Returns September 16 for its 10th Year

Free community event features 50+ vendors, health screenings, giveaways, raffles, and a special presentation from Illinois Bone & Joint Institute

Northbrook, IL — August 2026 — The North Suburban YMCA will host its 10th annual **Seniorpalooza Health & Fun Fair** on Wednesday, September 16, from noon to 3 p.m at the NSYMCA located in Northbrook. This free, community-wide event brings together local organizations and businesses to provide older adults with valuable health and wellness information, interactive screenings, giveaways, raffle prizes, and more.

The event kicks off with a special YMCA Education Series (Y.E.S.) Lunch & Learn presentation from noon to 1 p.m., presented by **Illinois Bone & Joint Institute (IBJI)**.

Active at Any Age: Maintaining Mobility, Balance, and Bone Health for Lifelong Independence

Orthopedic surgeon **John D.D. Higgins, MD**, of Illinois Bone & Joint Institute, will discuss simple strategies for improving mobility, balance, strength, and bone health. Attendees will learn how healthy habits, regular exercise, and modern treatment options can help reduce pain, maintain independence, and keep them doing the activities they love at any age.

Lunch & Learn in-person seating is limited to 80 attendees, and 50 lunches are available only to guests who register in advance. Registration is required to reserve a lunch and lunches will only be available to the 50 pre-registered guests who meet the registration limit and deadline. Day of event walk-ins will be accommodated for seating only and if space is available.

REGISTRATION FOR [SeniorPalooza Lunch & Learn](#).

Immediately following the presentation, the **Seniorpalooza Health & Fun Fair** will take place from 1 to 3 p.m. in the North Suburban YMCA gym. More than 50 vendors and senior-focused organizations will host information booths and offer free, interactive health screenings and resources. Attendees can also participate in a balance screening provided by Illinois Bone & Joint Institute.

Now in its 10th year, Seniorpalooza typically attracts hundreds of community participants and provides older adults and their families with an opportunity to connect with local organizations and discover resources that support healthy, active living.

“Homewatch CareGivers Northshore is proud to support Seniorpalooza and the North Suburban YMCA in bringing the community together for a day focused on healthy aging, connection, and fun,” said **Marina Frugoli, Community Outreach and Marketing Manager for Homewatch CareGivers Northshore**. “This event is a wonderful opportunity to meet local organizations, learn about valuable health and wellness resources, and discover ways to stay active and engaged in the community. We are excited to be part of this special 10th anniversary event and believe in what the Y does for its community.”

Sponsors and Vendors

Premier event sponsors for the event include [Allstate](#), [Illinois Bone & Joint Institute](#), [Wintrust Community Banks](#) and [Homewatch CareGivers North Shore](#).

Participating sponsors include [Avantara Libertyville](#), [Avantara Long Grove](#), [Bella Terra Wheeling](#), [Glenview Terrace](#), [Warren Barr North Shore](#), [Warren Barr Buffalo Grove](#), [Addolorata Village](#), [CaptionCall](#), [Comfort Keepers](#), [Covenant Living Of Northbrook](#), [Devoted Health](#), [Encompass Health](#), [Help at Home](#), [Margolis Weldon, LLC](#), [Mark Drug Medical Supplies](#), [Matilin Law Group](#), My Benefits Hero, [Oak St. Health – Skokie](#), [Right at Home](#), [The Home Improvement Network](#), [The Manual Touch PT](#), [UnitedHealthcare](#), [Whitehall of Deerfield](#), and another 30+ vendors.

Organizations interested in participating as sponsors or vendors still have time to join the event. For an application please [CLICK HERE](#) or contact Kim Nyren at knyren@nsymca.org.

For more information about Seniorpalooza visit www.nsymca.org or to sign up for for the IBJI presentation at 12:00 pm click here: [SeniorPalooza Lunch & Learn](#).

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.



On September 16, the North Suburban YMCA, located at 2705 Techny Road, Northbrook will host its 10th Annual Seniorpalooza, a free health and fun fair from 12 – 3 pm.