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FOR HEALTHY LIVING
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**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

North Suburban YMCA to Host Free Virtual Program on Supporting Independence for Individuals Living with Alzheimer's

NORTHBROOK, IL - The **North Suburban YMCA (NSYMCA)**, in partnership with the Alzheimer's Association, will present "Empowered Caregiver: Supporting Independence," a free virtual educational program designed to help care partners and caregivers support the independence of loved ones living with Alzheimer's disease. [CLICK HERE TO REGISTER](#)

The program will take place on **Tuesday, September 8, 2026, at 10:00 a.m.** and is open to the public.

The program will be presented by **Mary Grace Sharp, Program Manager at the Alzheimer's Association** and it will explore why maintaining independence is important for individuals living with Alzheimer's and related dementias, and how caregivers can encourage autonomy for as long as possible. Through practical scenarios and guidance, participants will learn strategies for assisting loved ones with daily activities, including bathing, dressing, toileting, and eating, while preserving dignity and independence. Sharp has extensive experience providing education and resources that help caregivers navigate the challenges of dementia care.

This presentation is the third and final one in a three-part series this year through the Y Education Series (Y.E.S.). The Y.E.S. platform is run monthly and free and open to the community.

"Through our partnership with the Alzheimer's Association, the North Suburban YMCA is proud to bring trusted education and resources to caregivers and families in our community," said **Kathy Fielding, CEO of the NSYMCA**. "Understanding Alzheimer's disease and the importance of brain health empowers individuals to make informed decisions and better support their loved ones. Programs like *Empowered Caregiver: Supporting Independence* help caregivers build confidence and preserve dignity and quality of life for those living with Alzheimer's."

The virtual event is free, but advance registration is encouraged.

Event Details

What: **Empowered Caregiver: Supporting Independence**

When: **Tuesday, September 8, 2026, at 10:00 a.m.**

Where: Virtual event

Cost: Free and open to the public

Registration: [CLICK HERE](#)

About the North Suburban YMCA

The North Suburban YMCA services Northbrook and 15 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 501(c)3 charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.

About the Alzheimer's Association

The Alzheimer's Association is a leading voluntary health organization dedicated to Alzheimer's care, support, and research. Through education, advocacy, and community-based programs, the organization works to improve the lives of individuals living with Alzheimer's disease and their caregivers.



The **North Suburban YMCA (NSYMCA)**, in partnership with the Alzheimer's Association, will present "Empowered Caregiver: Supporting Independence," a free virtual educational program specifically about supporting Alzheimer's disease. [CLICK HERE TO REGISTER](#)