



Stay Steady. Stay Strong. Live Well.

Weinberg Community Introduces Balance Strong, Live Long

Kickoff Presentation: Join us for an interactive, expert-led session focused on fall prevention and healthy movement. You'll learn why falls happen, key risk factors, and practical solutions to improve strength, flexibility, and balance. Balance Strong Live Long is an hour-long interactive program from the North Suburban YMCA

Presenters:

- Karen Brownlee, Personal Trainer, North Suburban YMCA
- Andrew Benck, MD, Rheumatologist, Illinois Bone & Joint Institute
- Ted Aquino, Northbrook Fire Department

Wednesday, July 8, 2026 • 3–4 pm

5-Week Class Series: Balance Improvement Classes

A fun, supportive series designed to help you stay active and steady. Classes include balance training, strength and mobility exercises, skills to help prevent falls and move with confidence.

Instructor:

Karen Brownlee,
Personal Trainer & Adult Program Coordinator North Suburban YMCA

Mondays, July 13–August 10, 2026 • 1:30–2:30 pm

Location:

Weinberg Community for Senior Living
1551 Lake Cook Road, Deerfield
Registration required. Space is limited.



CLICK OR SCAN
HERE TO REGISTER



Weinberg Community for Senior Living

cje SeniorLife 



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

1551 Lake Cook Road | Deerfield IL | WeinbergCommunity.net | 847.374.0500

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

Weinberg Community's kitchens are under the supervision of an independent mashgiach and are not cRc certified.

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