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EASTERN ILLINOIS UNIVERSITY
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news

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EIU WOMEN'S EXPO ADDRESSES ISSUES IMPORTANT TO WOMEN

A wide variety of workshops addressing women's concerns and interests will be offered at the annual Women's Expo and Health Fair Saturday, March 5 on the Eastern Illinois University campus, according to Sandy Rives of Charleston, who is coordinating the event for the third year.

The theme for this year's event is "PROUD TO BE ME... a homemaker, retiree, nurse, business/professional woman, friend, relative, neighbor, associate, volunteer, teacher, doctor, clerk...A WOMAN!"

The Expo is open to the public and features 19 workshops slated from 9:45 a.m. to 4:30 p.m. to give Expo participants the opportunity to attend as many as four workshops during the day. Also, more than 80 information exhibits will be set up for viewing throughout the day, Rives said.

Registration begins at 7 a.m., with a keynote session at 8:35 a.m. in McAfee Gymnasium.

Registrants may attend a 9:45 a.m. brunch prior to attending the workshops, or they may choose to attend two morning workshops before a 12:45 p.m. luncheon. A style show by independent women retailers will be featured at both brunch and lunch.

Rives said she is pleased that Betsy Jeffries of Louisville, Ky., a leader in professional development and personal management, is returning to Eastern's Expo for the second time. She will present an in-depth session titled "The Balancing Act," which teaches women how to manage the challenges of their personal and career life with an emphasis on techniques for effective time and stress management.

Jeffries, the author of "The Inner Connection," a hands-on guide to living, loving and leading, will also be available for autographs.

EIU alumnus Bernadette "Bernie" Young of Young and Associates of Chicago will present ways to build effective interpersonal relationships with peers, clients and supervisors, to resolve conflict and to handle criticism in her three-hour workshop titled "Office Politics." Although the workshop is called "Office Politics," it stresses techniques that can be applied to clubs, organizations, church groups, etc.

"Going it Alone"--whether one is divorced, widowed or has never married--is offered in two parts. The first part takes a realistic look at problems, adjustments in lifestyle and emotional well-being. The second part deals with the legal concerns of single women, as well as the legal rights of women with regard to separation, divorce, child support and credit.

Another workshop, "Retirement," will focus on planning for retirement and preparing oneself physically and mentally for a changed lifestyle, while "Listen to Me," presents ways consumers can effectively voice their concerns, respond to fraud and lobby successfully.

Sydney Crouch, trust officer at Boatmen's Bank in St. Louis, is presenting the workshop, "Where There's a Will." She will share information about wills, trusts and general estate planning. Crouch will also serve on the panel for the "Going it Alone" (emotional aspects) workshop.

Other workshop choices are "Help! My Child is a Teen," which will help parents understand and deal with teen peer pressure and "His/Hers/Ours," a discussion about blended families, presented by Edie Spees of E. Spees and Associates of Carbondale.

"What's Left to Eat" is an understandable and factual session on selecting, cooking and eating healthy foods. Another workshop, "Home/Farm Based Businesses" focuses on the advantages, disadvantages and challenges of having a business at home.

Additional workshop topics include: "P.M.S." (Premenstrual Syndrome); "Dealing with the Grim Reaper," which will help women face the emotional, legal and financial concerns related to a loved one's death; "Coping with Catastrophic Illnesses," a discussion of how to prepare for living with a catastrophic illness; "Health Insurance," which presents guidelines for planning and selecting health care coverage; and "The Winning Edge," which deals with the knowledge and skills needed to acquire a job and to be successful.

Rives said every effort has been made to identify the best qualified people available regionally to present the workshops.

Expanded health screenings, coordinated by Sarah Bush Lincoln Health Center in Mattoon, will be conducted from 7:30 a.m. to 4:30 p.m.

Rives said each registrant will receive a financial/legal manual that provides valuable resource material for future use. Supplemental materials for insertion in the health manual provided at last year's Expo will also be distributed.

Major sponsors of this year's event are the Eastern Illinois University Foundation, Sarah Bush Lincoln Foundation of Mattoon, Pepsi-Cola Bottling of Marion and the Governor's Office of Special Events.

Other contributors are the L.S. Heath Candy Co. of Robinson, Central Illinois Public Service Co. of Springfield, Ampad of Mattoon, R.R. Donnelley & Sons of Mattoon, Coles County Board of Realtors, the Illinois Farm Bureau Women's Committee of Bloomington, Allstate Insurance Company of Chicago, Champion Federal and B & A Consultants.

The lunch is being developed by the Illinois Pork Producers Association, Illinois Corn Marketing Board, Illinois Pork Producers--Women and the Illinois Soybean Crop Operating Board.

To register for Expo '88, call (217) 581-5981 or write to Eastern Illinois University, Office of University Relations, Room 111, Old Main, Charleston, Ill., 61920.

Registration forms should be received by the University Relations Office by Feb. 26. Those who register at the conference will not be guaranteed a meal due to space limitations, Rives said.

Child care will also be available on a limited basis, however, no child can be accepted without prior registration. Persons may contact the University Relations Office for further information.