

1-13-1989

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### Recommended Citation

University Marketing and Communications, "01/13/1989 - Expo Appeals to Women of All Ages" (1989). 1989. 31.  
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EASTERN ILLINOIS UNIVERSITY  
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89-27

January 13, 1989

**FILE COPY**

FOR IMMEDIATE RELEASE:

EXPO APPEALS TO WOMEN OF ALL AGES

CHARLESTON, IL.--Looking for a way to deal with guilt in family relationships? Seeking a way to rid stress? Trying to manage time more effectively?

These questions are being translated into workshop topics for the 1989 Women's Expo and Health Fair March 4 on the Eastern Illinois University campus.

"Proud to be Us" is the theme of the fourth annual event for women of all ages.

Sandy Rives of Charleston, Expo coordinator, has taken basic trends expressed among women attending her summer luncheons to develop broad themes for workshop topics that meet the needs and concerns of women of all ages.

"We are developing a wide range of topics that appeal to different ages--from the young woman to the senior woman," Rives said.

An added dimension to the Expo will include a teen division utilizing workshops and exhibits to focus on teens as emerging adult women.

Information about registration may be obtained by writing to Eastern Illinois University, Room 111 Old Main, Charleston, IL 61920, or by calling (217) 581-5981.

The registration fee is \$10 and includes brunch or lunch and materials.

To assure workshop preferences, persons are encouraged to register by Feb. 24.

"The biggest single issue expressed among women attending my summer luncheons deal with coping issues," according to Rives, who said several workshops have been developed to help women understand and deal with these feelings.

Another area of interest among women is health and self-improvement. "Over the past three years, there has been a real transition into self-improvement issues. The greatest overall revelation is women's realization and grudging acceptance that they are in the work place to stay. This has created a heightened sensitivity and awareness that they need to be in good health," Rives said.

"Therefore, wellness and nutrition will be highlighted."

Other workshops will focus on understanding men in crisis situations, stress relief, parenting younger children, care-givers' concerns, life's transitions and expectations, family finance, health fraud, volunteer leadership training and strategies for starting a new business.

Bernadette "Bernie" Young of Young and Associates of Chicago will make her second appearance at Expo. "She will present fresh, new ideas and offer suggestions on how to enhance interpersonal relationships, both individually and in groups; how to manage time more effectively; and how to develop strong leadership skills," Rives said.