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## 01/20/1989 - Expo Workshops For All Ages

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EASTERN ILLINOIS UNIVERSITY  
Charleston, Illinois

news

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FOR IMMEDIATE RELEASE:

EXPO OFFERS WORKSHOPS FOR ALL AGES

CHARLESTON, IL.-- The workshops at the 1989 Women's Expo and Health Fair Saturday, March 4, on the Eastern Illinois University campus, will explore a wide range of topics that appeal to women of all ages, said Sandy Rives of Charleston, Expo coordinator.

More than 20 workshops will be offered to those attending the Expo, one of the largest events for women in East Central Illinois this year.

Workshop topics for women include dealing with life at age 40 and over, understanding men in crisis situations, dealing with guilt and developing self-esteem for youngsters.

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Other workshops focus on catastrophic health bill costs and issues faced by women trapped between their aging parents' and families' needs and their own needs. A panel of women physicians will discuss women's health issues and answer questions.

The workshops will be presented by the best qualified people available regionally and vary in length.

#### Teen Division

Rives said a teen division for women ages 13-17 has been added this year and will utilize workshops and exhibits to focus on teens as emerging adult women.

"We realized teens have needs and concerns that should be addressed, too," said Rives, "and that is why we have developed programming that will help teens feel good about themselves and make good choices."

"The workshops will be light, entertaining and informative and will give teens an opportunity to interact with their peers," she added.

Rives said some of the workshops discuss different aspects of going to college and living away from home. Others deal with letting one's feelings out, handling awkward situations and using laughter to "blow off steam." Dealing with stress will be addressed in the workshop, "How Are You, Really?"

Information about registering for the Women's Expo and the Teen Division 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 for both events is \$10 each and includes brunch or lunch and materials. To assure workshop preferences, persons are encouraged to register by Feb. 24.