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February 22, 1994

FOR IMMEDIATE RELEASE:

PLANS ARE UNDERWAY FOR EIU HEALTH EXPO

CHARLESTON, IL--Plans are underway for "Health Expo '94: A Blueprint for Action" March 11-12 at Eastern Illinois University, featuring workshops by national experts on a variety of health issues, health screenings and exhibits.

The two-day event will be held in Eastern's University Union from 8 a.m. to 11 p.m. on Friday, March 11, and 9 a.m. to 3 p.m. on Saturday, March 12. It is free and open to the public.

More than 25 physicians, educators, counselors and health professionals from throughout the nation will conduct the workshops. The sessions will cover topics such as the sexually active adult, cancer diagnosis and treatment, sickle-cell anemia, the politics of health insurance, women and alcohol, endometriosis, hospice care, nutrition and weight control, self-esteem, cigarettes and smokeless tobacco, child abuse, HIV/AIDS and children's mental health.

In addition to the presentations, participants will have other opportunities to initiate their personal blueprint for action.

More than 50 exhibitors from numerous health organizations will be available

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HEALTH EXPO

both days to answer questions and distribute information.

Individuals may choose from a variety of health screenings, including cholesterol, blood sugar, blood pressure, podiatrics, body alignment, vision and auditory assessments.

Children may choose from activities such as face painting, exercise-for-fun and various stations that emulate a healthy human body through a "body walk." Families, in general, will appreciate advice from experts on bicycle safety and skills, said Ollie Mae Ray, EIU health studies professor and Health Expo '94 executive director.

"We are excited to host EIU Health Expo '94. Our purpose is to encourage people of all ages to improve their well-being by developing their personal blueprint for action," Ray explained.

For more information, contact Ray at 581-6203, Jim Irwin at 581-3514 or Johnetta Jones at 581-6690.