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University Marketing and Communications

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EASTERN ILLINOIS UNIVERSITY  
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news

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FOR IMMEDIATE RELEASE

BETSY JEFFRIES RETURNS TO WOMEN'S EXPO

CHARLESTON, IL.--The Women's Expo and Health Fair at Eastern Illinois University Saturday, March 5, is proud to bring back by popular demand Betsy Jeffries of Louisville, Ky., a recognized leader in professional development and personal management skills.

Jeffries is a professional speaker, seminar leader, consultant and author of "The Inner Connection," a hands-on guide to living, loving and leading.

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"Pat is uniquely qualified and sensitive to the needs of all the women in our area," said Rives.

She said every effort has been made to identify by region the best qualified people to present the workshops. For example, EIU alumnus Bernadette "Bernie" Young is coming from Chicago's Young and Associates to present the "Office Politics" workshop (9:45 a.m.-12:45 p.m.) where she will discuss ways to build effective interpersonal relationships with peers, clients and supervisors, to resolve conflict and to handle criticism.

Rives said following the brunch or lunch, Expo participants are welcome to walk into workshops already in progress.

Edie Spees, a family therapist representing E. Spees & Associates Marriage and Family Counseling of Carbondale, will serve on the panel for the "His/Hers/Ours" workshop dealing with blended families from 1-2:30 p.m.

Spees will also serve on panel of the "Help! My Child is a Teen" workshop (2:45-4:15 p.m.) covering different ways to understand and deal with peer pressure.

Meg Kennedy from Allstate Insurance Company, Northbrook, and Julie Cardosi, assistant attorney general in the Consumer Fraud Division in Springfield, are panelists for the workshop on "Health Insurance" from 11:20 a.m.-12:45 p.m.

Maralee Johnson, consumer relations specialist with the Illinois Soybean Program Operating Board, is one of the panelists for the "What's Left to Eat?" workshop from 1-2:15 p.m.

Presenters from Eastern will be represented, as well as from businesses, agencies, organizations and schools in Charleston, Mattoon, Bloomington, Decatur, Danville, Paris and Casey.

For further information about additional workshop topics, presenters and registration, call (217) 581-5981.