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## 02/03/1989 - Health Screenings at Expo Expanded

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FOR IMMEDIATE RELEASE:

HEALTH SCREENINGS AT EXPO EXPANDED

CHARLESTON, IL.--This year's Women's Expo and Health Fair on March 4 at Eastern Illinois University will feature expanded health screenings to meet the needs of health conscious women, according to Marsha Blair, assistant director of nursing at Sarah Bush Lincoln Health Center, Mattoon.

Blair said SBLHC is offering two new health screenings, glaucoma and cholesterol. A blood pressure test, blood sugar screening, vision check, nutritional analysis and cardio-pulmonary test will also be given.

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"The responses to last year's screenings were excellent," said Blair, "and the new screenings should attract even more people this year."

The screenings are offered free to Expo participants and will be conducted from 7:30 a.m. to 4 p.m. in the vending area located on the first floor of the EIU Student Union (East Building).

Blair said the seven screenings will be conducted by qualified SBLHC personnel who recommended what types of screenings would be beneficial to the public. SBLHC will also provide information on posture and mammography.

Expo coordinator Sandy Rives said women attending her summer luncheons expressed an interest in wellness and nutrition which led to the development of workshops focusing on catastrophic health bill costs, protecting oneself from medical and dietary "scams" and eating nutritiously. A panel of women physicians will also discuss women's health issues and answer questions.

Expo participants will also receive supplements for the 1987 Women's Health Concerns manual and for the 1988 Women's Legal Concerns manual.

Additional information about the Women's Expo may be obtained by writing to Eastern Illinois University, Room 111 Old Main, Charleston, IL 61920, or by calling (217) 581-5981.