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02/13/1987 - Womens Expo

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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

February 13, 1987

Local/Area/Select

FOR IMMEDIATE RELEASE

CHARLESTON, IL--A health screening clinic, coordinated by the Sarah Bush Lincoln Health Clinic in Coles County, will be a new feature of Women's Expo '87 when women throughout Illinois and western Indiana gather March 7 on the Eastern Illinois University campus.

In addition to offering the usual height, weight, dietary analysis and blood pressure testing, five special sessions will be held for 20 to 25 women at a time to train them in breast self examination. Training aids will be used, and there will be time allowed for questions, according to Becky Dole, the hospital's director of public relations.

Information on physical therapy will also be provided including back problems caused from stress and "how to" for pre-natal exercises. Other features of the health screening will cover PMS, poison control and "smoke stoppers."

Although the deadline for Expo registration is not until Feb. 26, women are urged to register early to assure that they may attend the meal of their choice (lunch or brunch) and the workshops they want.

Women who have not received a registration form in the mail may register by calling the Expo office, 217-581-5984, at Eastern Illinois University or by writing to the office at 111 Old Main, Charleston, IL 61920.