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FOR IMMEDIATE RELEASE:

WORKSHOPS COVER WOMEN'S INTERESTS

CHARLESTON, IL.--Key concerns and issues important to women will be addressed in workshops at Eastern Illinois University's Women's Expo and Health Fair March 2.

Expo coordinator Sandy Rives of Charleston and workshop chair Mary Ann Uphoff of Mattoon have taken basic trends expressed among women attending summer luncheons to develop 19 different workshops.

Four sessions of workshops cover the community/ environment, women in the workplace, personal development, parenting relationships, and health and nutrition.

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Helping women deal with the constant pressures at home and work is the focus of a new workshop about stress related illnesses presented by Charleston physician Dr. Susanna Buchanan and psychologist Jacqui Adair of Normal. Women will also be given an encouraging talk about boosting their self-confidence in a workshop appropriately titled "Selling Yourself to Yourself."

Another new dimension to the Expo is a demonstration of quick, easy, healthy recipes, sponsored by the Illinois Pork Producers Association-Women.

Debra Kueker, one of two certified grief specialists in Illinois, will help participants learn about the grief process and how to deal with it, not only as it relates to the death of a loved one, but to job loss, retirement and failure.

To complement the free health screenings offered by Sarah Bush Lincoln Health Center, SBLHC's Theresa Quinn of Tuscola, R.N., and nutritionist Connie Bussard of Springfield will discuss "Fitness Through Exercise and Diet."

To respond to women's continuing interest in the trend toward computerization in the workplace, a "hands-on" computer workshop for beginners is being introduced for the first time at Expo.

For more information about workshop selections and registration information, call (217) 581-5982. The conference fee is \$12 and includes all workshops and materials, health screenings, exhibits, and a meal/style show.