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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

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FILE COPY

FOR IMMEDIATE RELEASE:

TEEN WOMEN'S EXPO

CHARLESTON, IL.--An exciting day of events has been planned for the March 2 Teen Women's Expo at Eastern Illinois University, according to Jana Johnson of Charleston and Tami Babbs of Westfield, co-chairs of the event for area teens ages 13 to 17.

Held in conjunction with the Women's Expo and Health Fair but at different campus locations, the Teen Expo begins at 8:20 a.m. in Eastern's Dvorak Concert Hall with keynote speaker Lisa Williamson, 1989 Miss Indiana. Following the opening session, teens are invited on a tour of the campus.

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TEEN EXPO

New this year is the "Teen Scene Mini-Health Mall" featuring informational displays, giveaways and booths on health related issues, coordinated with the Coles County Public Health Department and Sarah Bush Lincoln Health Center (SBLHC).

The "Mini-Health Mall" will be broken down into five shops including a rap room, body shop, locker room, weight room, and beach house that deal with such topics as emotions, tooth decay, proper diet and skin care.

Back by popular demand is workshop presenter Mark Nelson, founder of Mach One Motivations in Mattoon. Babbs said, "He gave an inspiring talk last year. He was really good and the teens loved him."

Nelson, currently an administrator for the Mattoon School District, will present the workshop, "Go For It," dealing with setting goals and working toward them realistically.

Young men representing selected area high schools will return this year for a lively discussion about dating and other issues facing today's teens in the workshop "The Boys are Back."

"Let's Have a Party" and "Girls are Great" are only a few of the many topics that will focus on the theme "Proud to Be Me." In the "Girls are Great" workshop, Sara Martin, America's 1990 Young Woman of the Year, will speak about girls as equals.

Area teens from SBLHC's Volunteering Program will share what it's like to be a volunteer.

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ADD 2/2/2/2

TEEN EXPO

Other activities include exhibits in Eastern's Buzzard Building, offering a fun as well as informational break from the workshops, and lunch in a dorm will give teens a "taste" of dorm life.

The teens will receive a "Teen Talk Booklet," a collection of area teen essays on such subjects as stress, relationships and dating, and hobbies. "The booklet is especially interesting because it's from teenagers' perspectives," said Babbs.

Ending the day will be the popular Totally Teen Style Show, featuring summer styles from Maurices of Mattoon and Charleston, Norma's Bridal Train of Paris, Joann's Boutique of Shelbyville, and Dale Bales, also of Charleston. The fashions will be modeled by area high school students. This year's style show co-chairs are Lori Martin of Mattoon and Robin Edwards of Charleston.

For additional information about the Teen Expo, call (217) 581-2658. The cost is \$10 per person and includes all activities and tote bag of materials. Early registration is encouraged.