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### 02/01/1991 - Expo Offers Free Health Screenings

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EASTERN ILLINOIS UNIVERSITY  
Charleston, Illinois

# news

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91-49

Feb. 1, 1991

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FOR IMMEDIATE RELEASE:

EXPO OFFERS FREE HEALTH SCREENINGS

CHARLESTON, IL.--Free, expanded health screenings at Eastern Illinois University's Women's Expo and Health Fair will offer important health checks to area women.

Sponsored by Sarah Bush Lincoln Health Center, the health screenings provide women with vital information they might not otherwise receive, especially in one day.

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HEALTH SCREENINGS

SBL health fair co-coordinators Pat Merry and Marsha Blair said the screenings are offered free to Expo registrants and will be conducted from 7:30 a.m. to 4 p.m. in Eastern's North McAfee Gym.

"Women are invited to drop in anytime -- between workshops, or brunch/lunch," Expo coordinator Sandy Rives noted.

To provide additional health screening information to women, SBL has expanded its services to include three new screenings: oral health, stress and anemia.

During the oral health screening, local dentists will check for oral cancer and signs of gum disease.

For the stress screening, participants will fill out a check list which gauges the level of stress and tension. Information will be available on how to manage levels of stress.

The anemia screening includes a finger-prick test that measures hemoglobin which indicates anemia.

Other health screenings include blood pressure, blood sugar, pulmonary function, cholesterol, glaucoma, physical therapy and nutrition analysis. There will also be a mammography display and generic drug information.

Key health issues will also be presented in workshops for women and in a "Teen Scene Mini-Health Mall" open during the Teen Expo, held in conjunction with the women's event.

The cost to attend Expo is \$12 for adults and \$10 for teens. For more information, call (217) 581-5982 for the women's event, and (217) 581-2658 for the teens.