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EASTERN ILLINOIS UNIVERSITY  
Charleston, Illinois

# news

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FOR IMMEDIATE RELEASE:

EXPO REGISTRATIONS 'ON TARGET'

CHARLESTON, IL.--Registrations for Eastern Illinois University's Women's Expo and Health Fair Saturday, March 2, are "right on target," according to Expo chair Sandy Rives.

Rives said there has been an excellent response to all 20 workshop topics being offered at the day-long conference for women of all ages. "There seems to be a real interest in the self-improvement workshops, such as the one on fitness and exercise, and in the workshop dealing with loneliness and single living," Rives said.

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She encourages individuals to pre-register early in order to receive their workshop choices. The deadline for pre-registration is Feb. 22, however persons may walk-in and register the day of the event. The fee is \$12 and includes workshops, materials, brunch or lunch and style show. For more information, call (217) 581-5982.

"The conference is wide-ranging in its approach to the problems facing today's woman. It offers something for everyone," Rives said.

Registration begins at 6:45 a.m. in Eastern's University Union East Lobby followed by coffee time at 7:30 a.m. and an opening session at 8:30 a.m. in McAfee Gym featuring keynote speaker Emory Austin of Charlotte, North Carolina, an author and full-time professional speaker.

The opening session will be followed by a variety of workshops on such topics as "Selling Yourself to Yourself," "Environmental Efforts," "Kick Your Dream Into Action," "Disciplining Children," "Practicing Personal Defense," "Fitness Through Nutrition" and "Introduction to Computers."

In conjunction with the Expo, free health screenings by staff members from Sarah Bush Lincoln Health Center will be offered. They include tests for blood pressure, blood sugar, pulmonary function, cholesterol and glaucoma.

The Expo will also feature approximately 100 exhibits. One unique aspect of the exhibits is that they are just that--no selling of products or services is allowed.