



**Public Health**  
Prevent. Promote. Protect.

---

**Champaign-Urbana Public Health District**

**FOR IMMEDIATE RELEASE**

May 12, 2008

**Contact:** Nikki Hillier, Program  
Coordinator (217) 531-2914  
Lori A. Holmes, Public Relations  
(217) 531-2927

## **CUPHD Offers FREE Wellness Workshop for Local Women!**

*Champaign-Urbana Public Health District to Have Women's Wellness  
Workshop to Celebrate National Women's Health Week and Help Increase  
Healthy Habits of Local Women*

Champaign, IL – On Thursday, May 15, 2008, the Champaign-Urbana Public Health District (CUPHD) will be offering a FREE Women's Wellness Workshop from 5:45pm – 8:00pm at 201 West Kenyon Road, Champaign, IL 61820. This workshop will feature a variety of professional speakers, instructors and vendors from all facets of women's health. Participating women will be eligible for FREE exercise classes, blood pressure checks, cholesterol checks, door prizes and much more. The first 100 women attending will receive a free gift compliment of CUPHD. Women are encouraged to register by calling 217-531-2914. Registration forms will also be available at the door.

"The women of today are busier than ever before," said Nikki Hillier, Program Coordinator for CUPHD, "Women routinely sacrifice their own health to meet the excessive trials of everyday multi-tasking including jobs, raising a family, and maintaining a home and social life. Too often women do not realize the strain that they inadvertently place on their health, which may lead to unfortunate consequences in the future. CUPHD hopes that this Women's Wellness Workshop will give participants the tools necessary to meet these challenges in a healthy way."

"I'm excited about attending because of the variety of speakers," said Sharon Kennedy, who recently registered for the Women's Wellness Workshop, "I'm always looking for tips on improving my overall health."

Professional speakers, instructors and topics include:

- **Amelia Shaffer, RD, Champaign-Urbana Public Health District; “Healthy Cooking for the Busy Woman”** – Participants will learn about planning and preparing healthy meals under time constraints. A healthy delicious recipe will be demonstrated and taste tested by participants.
- **Darnell Cox, General Manager, iPower; “Getting Physical Activity in Throughout the Day”** – Hands-on demonstrations of physical activities you can do in your home, at work, and on your own.
- **Dr. Andrew Tunstall D.C.. Founder, Chiropractic Sports Council; “Stress Reduction for the Woman in Demand” & “Time Management for the Woman in Demand”** – Presentation of unique methods of stress reduction and time management for women in demand. Participants will learn four things they can do NOW to simplify their lives.
- **Bobbi Johnson, CSCS, CPT, Fitcamps4chicks; “Boot Camp for Chicks”** – Fitness training – FREE 30 minute Boot Camp Class.
- **Noel Chase, Level 4 Instructor, Romana’s Pilates Inc.; “Pilates Class”** – Fitness training – FREE 30 minute Pilates Class.

National Women’s Health Week empowers women across the country to get healthy by taking action. The Nationwide initiative, coordinated by the United States Department of Health and Human Services’ Office on Women’s Health (OWH), encourages women to make their health a top priority and take steps for a longer, healthier and happier life.

For more information about the Women’s Wellness Workshop or other CUPHD programs and services, please call 217-352-7961 or visit CUPHD on the web at [www.cuphd.org](http://www.cuphd.org).

###