



**Public Health**  
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**Champaign-Urbana Public Health District**

**FOR IMMEDIATE RELEASE**  
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## **Upcoming Workshop to Benefit Women**

### ***Champaign-Urbana Public Health District Hosts a FREE Women's Wellness Workshop to Provide Healthy Habit Ideas***

Champaign, IL – The Champaign-Urbana Public Health District (CUPHD) will be hosting a FREE Women's Wellness Workshop on Thursday, May 19, 2011 from 5:00 – 8:00 PM (speakers begin at 5:30 PM) at 201 W. Kenyon Road in Champaign. This educational and fun workshop will be geared towards increasing positive healthy habits of women.

“The women of today are busier than ever before and too often women do not realize the strain that they inadvertently place on their health, which may lead to unfortunate consequences in the future,” said Nikki Hillier, Program Coordinator for CUPHD. “CUPHD hopes that this Women's Wellness Workshop will give participants the tools necessary to meet these challenges in a healthy way.”

This workshop will feature vendors focused on women's health and guest speakers touching on topics including stress management, healthy shopping on a budget, and healthy food ideas for families on the go. In addition, there will be free blood pressure checks, fitness demonstrations, a free Zumba® class, door prizes, and much more.

Guest speakers and topics include:

- **Kenna Dunlap Johnson, MSW, LCSW, Pavilion**  
**“Stress Management for Busy Women”**  
Participants will learn ways to limit, manage, and cope with stress in simple healthful ways.

- **Misty Appleby, *The Frugal Family***  
**“Healthy Shopping on a Tight Budget”**  
Participants will learn ways of saving money on groceries using special coupon techniques combined with in-store deals, and competitor price matching.
- **Julie Bliss, *Culinary Bliss***  
**“Quick and Healthy Food Ideas for Families on the Go”**  
Participants will learn to prepare healthy meals for their families in no time at all and will have the opportunity to make a quick healthy creation of their own.

Women are encouraged to register for this event by contacting Nikki Hillier at 217.531.2914 or [nhillier@c-uphd.org](mailto:nhillier@c-uphd.org); registration is limited. The registration form can also be downloaded on CUPHD's website at [www.c-uphd.org](http://www.c-uphd.org). This activity is made possible through Illinois General Revenue funding administered through the Illinois Department of Public Health, Office of Women's Health.

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