



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

**FOR IMMEDIATE RELEASE**  
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## **Upcoming Workshop for Women's Wellness**

### ***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 Tuesday, May 22, 2012 from 5:00 – 9:00 PM (speakers begin at 6:00 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, health and organic gardening. In addition, there will be fitness demonstrations, door prizes, light refreshments available and much more.

Guest speakers and topics include:

- **Amy Ledbetter**, *The Frugal Family*  
**“Healthy Shopping on a Tight Budget”**
- **Wendy Starwalt**, *Carrie Busey*  
**“Getting Your Family Healthy So You Can Take Care of You”**

- **Lisa Braddock**  
**“Year Round Organic Gardening”**
- **Peggy Cler**, *Body Work Associates*  
**“Stress Management & Relief”**

Women are encouraged to register for this free event by contacting Nikki Hillier at [nhillier@c-uphd.org](mailto:nhillier@c-uphd.org) or 217.531.2914; registration is limited. To view the workshop flyer, visit [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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