

How About a Healthy Girls' Night Out?



14th Annual Women's Health Night

Sponsored by the Illinois Heart and Lung Foundation

Tuesday, March 20, 2012

3:00 p.m. - 7:30 p.m.

ISU Bone Student Center

**FREE
PARKING**

All attendees Receive
FREE Parking... pick up
your voucher that night at
the Women's Health Night
check in table.



An evening of health education, booths, health screenings, fitness demonstrations, and informative presentations.

Presentations & Demonstrations: [all presentation and demonstrations will take place in the Ball Room]

3:30 What's in the Bag?

Robert Bean RPh, Advocate BroMenn
Atrium Pharmacy

4:30 You're Not So Vein

Illinois Vein Specialists: Kathy Bohn M.D.
& Tom Nielsen MD

**5:30
Hula Hoop for Exercise
Demonstration**

6:00 Spirit of Success Presentation

6:15 Mystery of Menopause:
Panel Discussion-Everything you have
wanted to ask!

Panelists:
David Koh M.D., FCCP- Sleep,
Joseph Santiago M.D., OB/GYN,
Dory Jarzabkowski D.O., F.A.C.C. -
Cardiology/Metabolic Syndrome,
Kim McClintic MS, RD, LDN - Nutrition

7:00 Zumba - Demonstration

American
Red Cross
**Blood
Drive**

Blood Drive: 3:00 - 7:00 P.M.
Circus Room

CPR Certification provided by:
Advocate BroMenn Medical Center
6-7:30 P.M.

Registration needed: Call 268-5207

for more information visit ihlf.org



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Sponsored by: State Farm; Advocate BroMenn Medical Center; St. Joseph Medical Center; Frontier Communications; Commerce Bank; ISU Bone Student Center; Radio Bloomington; Jack Lewis Jewelers; The Pantagraph; The CW-4 Peoria-Bloomington; ABC- HOI-19