



PRESS release



For Immediate Release
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“Women’s Health 2005: The Art of Staying Healthy” **FREE Bilingual Conference for Women and Their Families**

Santa Monica, CA – **CHA announces “Women’s Health 2005: The Art of Staying Healthy” a free bilingual (English/Spanish) conference for women and their families** on Saturday, October 29, 2005, from 9:00 a.m. to 3:00 p.m. at the Veterans' Memorial Building, 4117 Overland Ave., Culver City. The all day event includes 19 workshops, a resource fair, free lunch and a special survivors' breakfast. **Pre-registration required. Call (800) 516-5323.**

The conference will be preceded by an **Avon MiniWalk for Breast Cancer**. (see www.avonminiwalk.org). Free mammograms will be offered on-site for qualified women.

Workshop topics include; heart health; osteoporosis, current trends in breast cancer care, Lymphedema prevention and treatment, healthy eating; pain management techniques, options for older drivers, tai chi, Medicare drug benefit, stress management; Dance Alive! and more. See our website (www.centerforhealthyaging.org) or call Holly @ 310-576-2550, ext. 325 for more information.

This free conference is made possible by a grant from the Avon Foundation, with additional support from Co-Sponsor: Parks, Recreation, and Community Services Department, City of Culver City; Culver City Senior Center; Sponsors: Astra-Zeneca, P & G Pharmaceuticals, Inc., Donna M Green Associates, LLC. Table Sponsor: LA Care Health Plan; Survivor Breakfast Sponsor: American Cancer Society and in cooperation with 10 area organizations and two local hospitals.

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