



For Immediate Release: 07.28.05

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Free Women's Wellness Program Offered

A free 12-week wellness program designed to help women develop healthier lifestyles will be offered from 10– 11:30 a.m. at Oak Park Public Library, 834 Lake St. and from 6 – 7:30 p.m. at Rush Oak Park Hospital, 520 S. Maple Ave., on Wednesdays starting Sept. 14.

Designed by the not-for-profit Cooper Institute, the *Heart Smart for Women* program focuses on changes in lifestyle that will guide participants to a healthier way of living and reduce risk of heart disease.

Participants must be at least 18 years old and reside in Oak Park. The registration deadline is Wed., Sept. 7.

“This program is great for women who are concerned about their overall health and are looking for ways to fit exercise, good nutrition and a healthy lifestyle into their busy schedules,” said Director of Public Health Georgeen Polyak, PhD.

The program will be presented by Oak Park Department of Public Health staff and is funded by a grant from the Illinois Department of Public Health as part of \$1.5 million allocated statewide for women’s health education programs on nutrition, exercise, risk assessment, treatment options and prevention strategies.

For more information or to register call 358.5484 or email health@oak-park.us.

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