

2nd Annual VCU Women's Health Fair "Mind, Body & Spirit"
Thursday, March 1st, 10 am - 2 pm
Richmond Salons of the Student Commons – Monroe Park Campus

An all-inclusive health fair with over 35 VCU, community, state and national organizations exhibiting on all aspects of women's health. Sponsored by the VCU Women's Leadership Forum, the VCU Institute for Women's Health and SGA. Participants include Pauley Heart Center, VCU Health System, Women in Medicine Student Organization (WIMSO), Planned Parenthood, Motherwise Birth Resources, University Counseling Services, Virginia Sexual & Domestic Violence Action Alliance, VCU School of Nursing, Ukrop's, Project REACH, SAVES, VCU Mood Disorders Institute, National Multiple Sclerosis Society, the American Cancer Society, Institute for Women's Health Resource Center and many more including massage and acupuncture therapists, and other holistic health practitioners. The health fair will also feature a variety of yoga and Tai Chi demonstrations that attendees can participate in throughout the day and brown-bag lunch women's health workshops and presentations on nutrition and health, natural birth and the history of hormone therapy.

Yoga and Tai Chi demonstration schedule:

10:30 am - Tai Chi w/Floyd Herdrich
11:00 am - Hatha Yoga w/Glenmore Yoga & Wellness Center
11:30 am - Meditation Yoga w/Just Be Yoga
12:00 pm - Tai Chi w/Floyd Herdrich
12:30 pm - Hatha Yoga w/Glenmore Yoga & Wellness Center
1:00 pm - Breathing/Prana Yama Yoga w/Just Be Yoga

Brown-Bag Lunch Speakers Series in the OMSA Office:

11:00 am - Fuel Your Body: 100% Fad Free - Mary-Jo Sawyer, RD – VCU Women's Health Center- Stony Point
12:00 pm - Consumer Beware ~ Your Birth and What Has Been Done To It - Therese' Hak-Khun
1:00 pm - "The History of Hormone Therapy: From the Pill to the Nurse's Health Study...and Beyond" - Karen Rader, Ph.D. Department of History

For more information:

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VCU Calendar listing

<http://events.vcu.edu/detailEvent.asp>