

Feigenholtz and Williams Hosting YMCA Women's Health and Resource Fair

State Reps. Sara Feigenholtz (D-12) and Ann Williams (D-11) will join the Lake View YMCA to host a free women's health and resources fair on Saturday, June 2 from 10:00 a.m. to 1:00 p.m. at the Lake View YMCA, located at 3333 North Marshfield.

"This health and resource fair is a fun way for women in our community to come together, learn about how to improve their health, and kick off the summer months by taking some time out for themselves,"

Feigenholtz said. "I am very appreciative of Rep. Williams and the YMCA's ongoing dedication to women in our community"

Guests will enjoy free mini-massages and acupuncture, self-defense demonstrations and health screenings. The YMCA will provide guest day passes for non-members and allow attendees to participate in the YMCA's group fitness classes offered during the fair, including: reformer pilates at 10:00 a.m.; mat pilates at 10:30 a.m.; TurboKick at 11:00 a.m.; reformer pilates at 11:30 a.m.; and zumba at 12.30 p.m.

The first 100 attendees will also receive goody bags provided by the local business community. Children are welcome to participate in kid-friendly activities provided by the Junior League Club of Chicago.

At the Women's Health and Resource Fair, new and gently used bras will be collected for Support 1,000. A not-for-profit organization. Support 1,000 donates bras to women's organizations and social service providers across the world, including several women's shelters based in and around the Lakeview area.

"The women's health fair is a great opportunity to provide resources and promote a

variety of health and safety options available to women in our community, while also highlighting local women owned businesses. I am excited to be hosting this fun and informational event with Rep. Feigenholtz," said Williams.