

LakeViewPatch

Massages, Zumba a Part of Women's Health and Resource Fair

The second annual event, local politicians Sara Feigenholtz, Ann Williams and John Cullerton, collaborates with the YMCA for a day of education and fun.

By [State Rep. Sara Feigenholtz](#)

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State Representatives Sara Feigenholtz and Ann Williams and Senate President John Cullerton will collaborate with the Lake View YMCA to host a women's health and resource fair.

Scheduled for Saturday, June 8 from 10 a.m. to 1 p.m., the event will be held at the [Lake View YMCA](#), located at 3333 North Marshfield.

"Women should take every opportunity to learn more about our health and ways to improve our well-being," said Feigenholtz. "Not only is this event informational and a great way to find out about the resources here in our community, but attendees can have a lot of fun trying a new fitness class or relaxing with a mini-massage."

At this free event, guests can enjoy free mini-massages, food provided by the local Lakeview [Whole Foods](#), and blood pressure screenings provided by the local Walgreens. Attendees can have their women's health questions answered by the [Advocate Illinois Masonic Medical Center](#) and [St. Joseph Hospital](#)'s women's health teams.

The YMCA is providing guest day passes for non-members and allowing attendees to participate in the YMCA's group fitness classes offered during the fair, including yoga at 8:15 a.m., mat pilates at 10:30 a.m., TurboKick at 11:30 a.m., and zumba at 12:30 p.m.

Class descriptions can be found at www.lakeviewymca.org. The Junior League of Chicago is providing kid-friendly activities.

“State Representatives Williams and Feigenholtz, and Senate President Cullerton share in the Y’s mission of healthy living, youth development and social responsibility,” said Eric Goldstein, Executive Director of the Lake View YMCA. “We are really pleased to have their help, and the support of health focused businesses in the area to bring the community a women-centered family event to showcase local resources and raise awareness of healthy lifestyle habits.”

For more information, contact Feigenholtz’s constituent services office at (773) 296-4141 or sara@staterepsara.com.