

Women's Health Fair to Offer Free Fitness, Self-Defense Classes Saturday



By Erica Demarest on June 12, 2014 5:17am | @ericademarest



The third annual women's health and resource fair includes posture screenings, raffle prizes and snacks. State Rep. Ann Williams

LAKEVIEW — Free women's self-defense and fitness classes are coming to the Lake View YMCA this Saturday.

From 10 a.m. to 1 p.m., the community center at 3333 N. Marshfield Ave. will host the area's third annual women's health and resource fair.

The event is free and open to the public. It includes posture screenings, acupuncture, self-defense workshops and access to the [YMCA's fitness classes](#).

The first 100 guests will receive goodie bags. Raffle prizes will be awarded throughout the day.

Staff from St. Joseph Hospital, the Chicago Women's Health Center and Planned Parenthood will be on hand to answer questions. The Junior League of Chicago will have snacks for kids.

The Lakeview Pantry is collecting canned foods and gently used women's clothing and business attire.

Saturday's event is co-sponsored by state Reps. Ann Williams and Sara Feigenholtz, and Senate President John Cullerton.

For more information call 773-880-9082.