

News Release

South Seattle Community College

6000 16th Avenue, SW, Seattle, WA 98106-1499 • www.southseattle.edu • (206) 764-5300

FOR IMMEDIATE RELEASE:

January 26, 2008

Health & Wellness Fair

South Seattle Community College

Jerry Brockey Student Center

6000 16th Avenue, SW, Seattle, WA 98106-1499

(206) 768-6831

SSCCWomensCenter@sccd.ctc.edu

Thursday, February 21, 11:30 a.m. – 2:00 p.m.

Students and members of the public are invited to this free community event hosted by South Seattle Community College's Women's Center.

Information will be presented on a number of topics including:

- Affordable dental and medical care
- Mental health
- Reproductive health
- Family planning
- Fitness
- Nutrition and healthy cuisine
- Healthy relationships
- And more!

Free wellness skills workshops will be offered, including Women's Bellydance Fitness from 12:15 p.m. to 12:55 p.m. Additional workshops to be announced.

Families and children accompanied by an adult are welcome.

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For more information contact:

Public Information Office, (206) 768-6873 / coehler@sccd.ctc.edu