

# International Women's Day Planned

"Healthy Women, Healthy World" is the theme of this year's International Women's Day celebration to be held Friday and Saturday, March 7-8.

TV personality B. J. Harrison will host the Health Fair, a special feature of the two-day event to be held at Little Rock AME Zion Church, 401 N. McDowell Street. All events are free and open to the public.

"Women are the key to good health because we determine the habits of children at an early age," according to Harrison, 33, who hosts Channel 9's "Your Money and Your Life." (Sundays at 6:30 p.m.)

"People will be stronger and live their lives better if we learn as much as we can about staying healthy," continued Harrison, who sees her job as finding out everything there is to know about a health issue and reporting it in layman's language.

The International Women's Day celebration begins Friday, March 7, with an eyewitness account of women's health in El Salvador. Speaker Janis Zadel of New York recently returned from service as a nurse midwife among peasants in the countryside. Latin American music will be provided by Clyde Appleton of UNCC, and actress Sandra Gray will perform the life of a Bolivian heroine. Doors open at 7 p.m.

On Saturday, March 8, the doors open at noon with Ms. Harrison opening the program at 12:30 p.m. She will host the Health Fair which continues throughout the afternoon, featuring health and fitness checks by local agencies.

"You can have your blood pressure checked, your eyes tested for glaucoma, learn to check for breast cancer, take a diabetes or sickle cell test, and even have your body-fat measured," according to Health Fair coordinator Cindy Patton. "There will be information on PMS, endometriosis, osteoporosis, nutrition, cancer and smoking."

Health reporter Harrison will interview participants about their health concerns for later use in her show.

Also on Saturday afternoon workshops will focus on a variety of health topics. From 1-2:30 the workshops will be: "Health Care: A Global View," "Health Concerns of Handicapped Women," "Stress Management," and "Dangers on the Job and in the Community: Your Right to Know About Toxic Chemicals."

The second session, from 2:45-3:15, will include workshops on: "Abortion: Stories North and South" (film), "Your Right to be Healthy," "Taking Charge of Your



TV personality B.J. Harrison will host the Health Fair at International Women's Day.

Own Health," and "Today's Technology, Tomorrow's Headaches: Living with a VDT (Video Display Terminal)."

Workshop leaders will include Charlotte Post columnist Ahmad Daniels, UNCC professors Ray Michalowski, Jill Dubish, Joan Tillotson, and Robert Day, members of Handicapped Organized Women (HOW), the N.C. Occupational Health and Safety Project (NCOSH) and Fraser Nelson of

Planned Parenthood.

The celebration concludes with the Woman of the Year Award honoring women of our community who have not been previously recognized for their contributions on the job or in the community, followed by an international buffet.

A special child care program will be provided throughout the two-day event. The building is wheelchair accessible.

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