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WIN offers women's seminars

Sacred Heart to host events

By Cami Swanson
Emerald Reporter

Worried about your personal safety on campus? Or maybe classes are making you lose sleep? Do diets never seem to work for you? These are just a few of the questions being addressed at Sacred Heart General Hospital's third annual Women's Information Network (WIN).

WIN touches on topics of particular concern to women through a series of seminars being offered throughout the year. The free seminars are held at the Hilton Hotel once a month on Tuesdays from 7:30 p.m. to 9:30 p.m. Although the program is specifically aimed at women, WIN Director Demi Rewick said that men are always welcome to attend.

Rewick, a registered nurse at Sacred Heart, said the seminars were started two years ago because the hospital realized approximately 80 percent of health care decisions in a family are made by women. The hospital also wanted to change its image.

"We wanted to be wellness-oriented rather than sickness-oriented," Rewick said.

The first-ever seminar was a huge success, Rewick said. In-

stead of the 150 people the hospital expected to attend, 450 people showed up. The program's organizers had to persuade a conference in the next room to move to provide enough seating space.

"We've given up trying to predict," said Rewick, who said that between 150 and 900 people may show up for a WIN seminar, depending upon the topic. The room reserved for the seminars at the Hilton can hold up to 1,000 people.

While some of the seminars deal with broad topics, such as fitness and the female body, others, which are labeled "focus seminars," deal with much more narrowly defined topics, such as infertility or breastfeeding. Rewick said the focus seminars were developed to give in-depth information about specific topics. This is the first year focus seminars have been offered.

Speakers at the seminars are all professionals in their field, Rewick said. There may only a single speaker at a seminar or there may be a panel, depending upon the topic. Some speakers are flown in from Washington or California, Rewick said.

WIN began its 1988-89 series of seminars on Sept. 20, with a "Anger: A Creative Force for Positive Change. Speaker Linda Bryson, a counselor, consultant and professional speaker, discussed new ways of understand-

ing anger and how to use it as a creative force for positive change.

Following are a list of the seminars being offered by WIN and a brief explanation of what they will cover:

* Oct. 11: "The Art and Science of Breastfeeding." The focus seminar will address how to be an "80's type of women" and work while breastfeeding, Rewick said.

* Nov. 22: "Personal Safety for Women: Taking Control." This seminar will deal with how to present yourself in a way that makes you less vulnerable.

* Dec. 13: "Infertility: New Technology, New Hope." New ways to help with infertility problems will be looked at in this focus seminar.

* Jan. 10: Beyond Diet: Healthy Ways of Looking at Food." Why diets don't work and the healthy way to lose weight are the topics of this seminar.

* Feb. 14: "Sleep Disorders: Dreaming of a Good Night's Sleep." Part of this focus seminar will deal with how to help children's sleep disorders.

* Mar. 21: "Aging Well: Good News for Women over 40." Rewick said this seminar will address how the physical changes of menopause do not have to be traumatic in a society that seems to be youth-oriented.

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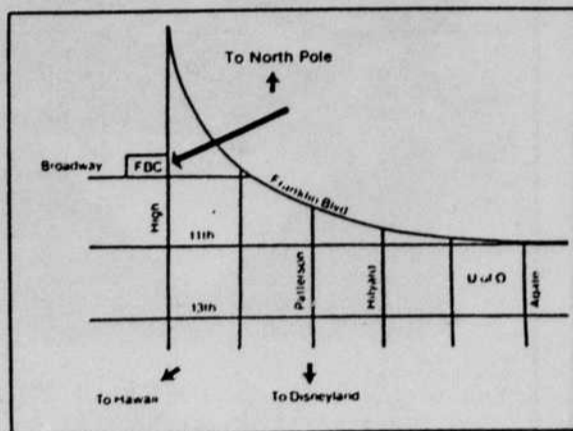
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| 19th and University | 8:15 | 9:30 | 12:10 |
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| NCC Dorms (12th and Kincaid) | 8:22 | 9:37 | |

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