

# **News Release**

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## **Yoga featured at Women's Health Week event**

The Knox County Health Department is once again hosting a Healthy Happy Hour in recognition of National Women's Health Week. This year's event will be held Tuesday, May 16, from 5:30 – 7:30 p.m. at Allison's Finer Diner located at the corner of Coshocton and Upper Gilchrist roads.

Healthy Happy Hour is for women only, ages 18 and older. The event will include health-related displays, informational tables and services for women. There will be items for sale by local women including jewelry and other accessories. Admission is FREE, but RSVP is required. Women can RSVP by calling 740-399-8014.

Healthy appetizers and non-alcoholic beverages will be provided by Allison's Finer Diner.

In addition to vendors, displays and refreshments, this year's event will feature a program on yoga, Pilates and meditation. Titled "Rest, Relax and Renew in a Hectic World," the program will be presented by Charlene Bland of Hot Yoga Escape. The program will include yoga movements that can be performed while seated in a chair or while standing as well as a guided meditation that participants can do on their own.

Studies have found that the regular practice of yoga can enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being.

National Women's Health Week is May 14-20. The observance is led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority. The week also serves as a time to help women understand what steps they can take to improve their health.

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