

NEWS RELEASE

FOR IMMEDIATE RELEASE _____

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LIBRARY TO HOST WOMEN'S FEST FOR WOMEN'S HISTORY MONTH COMMUNITY EVENT TO OFFER MAMMOGRAPHY VAN, SELF-DEFENSE DEMOS, SPEAKERS, LIVE ENTERTAINMENT AND MORE

SUFFOLK, VA (February 26, 2018) In recognition of Women's History Month, Suffolk Public Library invites the community to join them for a celebration of women complete with a mammography van, self-defense demos, speakers, live entertainment and more. This event is free, open to the public, for all ages, and will be held on Saturday, March 17, 2018 from 11:00 a.m. to 3:00 p.m. at the North Suffolk Library.

One of the main highlights at the event will be Sentara's mobile mammography van which will offer screenings at the library. A list of patient guidelines can be found online at sentara.com. Those interested in utilizing this service at the Women's Fest should book their appointment by calling 757-261-5420 and choose option 1. Women should refer to their insurance policy for coverage information

Other highlights at the Women's Fest include women's self-defense demonstrations with Savior Martial Arts, live entertainment with music from the Storyweavers, community art projects, and vendors. Information tables for organizations such as Girls on the Run, National Organization for Women (NOW), League of Women Voters, All Girls STEM Society, and Consortium for Infant and Child Health (CINCH) will also be available.

Speakers will give talks throughout the event on a variety of topics. Tracey Keller will kick off the presentations at 11:10 a.m. with the history of the Girl Scouts, followed by Carolyn Caywood with her discussion about women in politics. Life Coach Amy Walton will take over at 12:30 p.m. with her inspirational talk, “Watch What You Say to Yourself: The Power of Positive Self-Talk.” Wrapping up the presentations at 1:10 p.m. will be CINCH representative Sara Rothenberg on the topic of women and children’s health and normalizing breastfeeding.

Many of Suffolk Public Library’s community events offer the opportunity for attendees to donate items to benefit a cause, and the Women’s Fest is no different. At the event the library will be accepting donations of menstrual hygiene products for NOW’s “Go with the Flow” campaign as well as other products such as shampoo, soap and toothpaste for the Genieve Shelter. Anyone who brings in a donation will be entered into a raffle drawing for a prize.

All are welcome to come learn more about community resources, enjoy the day’s activities, and connect with one another. Those interested in event announcements can join the SPL Women’s Fest 2018 Facebook event page or visit the library’s online calendar.

To learn more about the Suffolk Public Library, visit www.suffolkpubliclibrary.com. Follow the library on Twitter @SufPubLib and check for updates on Facebook at Facebook.com/SuffolkPublicLibrary.

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