

ONEIDA COUNTY HEALTH DEPARTMENT

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April 29, 2011
For Immediate Release

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Sherrill Event Highlights *Women's Health Week*

Oneida County Executive Anthony Picente Jr. announced today that The City of Sherrill's Community Activity Center will be the site of ***Women's Health Day***, a health and wellness event sponsored by the Oneida County Health Department on **Monday, May 9th from 1:00 pm to 5:30 pm.**

As part of *National Women's Health Week*, the health fair will offer *free* Zumba and Yoga instruction, *free* massages and *free* prize drawings. The Oneida-Herkimer-Madison Counties Cancer Services Program, in conjunction with Bassett Hospital, will provide free mammograms, clinical breast exams and Pap/Pelvic cancer screenings for uninsured women 40 years and older at the hospital's on-site mobile mammography unit. **The health screenings will be done by appointment prior to the health fair beginning at 11:00 am. Appointments for the health screenings must be made in advance by calling the Cancer Services Program at 798-5248.**

County Executive Picente said, *"These screenings are crucial to women's health, and this event will be able to offer them to those who might have difficulty accessing them otherwise."* He went on to say, *"This event emphasizes the importance of the overall health and well-being of women, and we hope to get a big turnout."*

According to Dr. Gayle Jones, Oneida County Director of Health, the theme of this year's National Women's Health Week is *"It's Your Time"* and focuses on the importance of regular exercise, proper nutrition, regular check-ups and preventative screenings in order to maintain good health.

"We also stress the avoidance of risky behaviors such as smoking and not wearing seat belts when driving as crucial to staying healthy," Jones said. She added, *"Equally important for women is attention to mental health, including getting enough sleep and learning to properly manage stress in their daily lives."*

Women's Health Week is recognized nation-wide May 8th through May 14th. The event scheduled for May 9th will be held at the Community Activity Center located at 139 E. Hamilton Avenue in the City of Sherrill.

For more information on National Women's Health Week visit their web site at www.womenshealthgov/whv.

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