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WEST SUB MEDICAL CENTER, AARP & WESTSIDE HEALTH AUTHORITY PRESENT TOTAL WOMAN SEMINAR



A panel of experts addressing health issues specific to women and answering questions. Panelists include Norma J. Rixter, Moderator; Dr. Chandi White Edmonds, Physical Therapist; Dr. Judy Drain, Dentist; Dr. Tuwanda C. Williamson, Family Practice; and Dr. Romona Smith-Battle, Clinical Psychotherapist.

In partnership with West Suburban Medical Center and AARP, Westside Health Authority presented **TOTAL WOMAN: MIND, BODY & SPIRIT**, an intergenerational health program focusing on the unique needs of women and disparities in care for residents of communities of color. The event provided women of all ages a gateway to primary prevention and health education, with

an all-female, multidisciplinary panel discussing issues of concern to women.

The program's intent was to foster positive attitudes and actions, rather than fear of disease. The goals were to provide education and awareness about women's health issues and link women to local health providers to meet their needs. Panel members were specialists in their fields.

Norma J. Rixter conducts a session at the Total Woman program.



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