



Courtesy photo

Patricia Mireles and Lora Warren wait for last year's Healthy Woman event, held in conjunction with the 2010 Health Fair, to begin. This year, the event will take place in the Howard College Cactus Room with Troy Tompkins presenting a program on financial preparedness entitled "A Call to Action – Women and Financial Preparedness."

Healthy Woman event to coincide with Health Fair

By **AMANDA MORENO**

Staff Writer

Financial planning may not seem like a health issue, but it is.

Healthy Woman is sending out a Call to Action: Women and Financial Preparedness. Troy Tompkins, CMFC, will be the featured speaker for the April 9 event. This is the third year Healthy Woman has been held in conjunction with the Health Fair.

"We want to encourage people to attend the health fair," Kim Howell, market-

ing director for Scenic Mountain Medical Center, said.

"Saturdays are a busy time for people and we figured it would be better to tag along at the end of the health fair instead of having a separate event later in the month."

Great Western Catering will be providing a cold buffet in the Cactus Room on the Howard College campus.

The serving line for the lun-



Tompkins



Howell

cheon will open at noon. The program will begin around 12:30 p.m. and last about an hour.

"There is no charge for the luncheon, but we do ask that people RSVP," Howell

said. "This lets us know how many we need to set up for."

Howell said the Healthy Woman events are aimed at empowering members to make good health decisions. It's about providing them with the knowledge that they need to ensure that they make good choices, she said, whether it be for themselves, friends or family members.

"Financial preparedness isn't something you think about when it comes to health issues," Howell said.

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“However, being financially unprepared can affect your health.”

Financial preparedness is not a do-it-yourself project, according to Howell. She said it takes someone who does this on a daily basis to be able to provide the guidance needed. Howell said the presentation won't be aimed at what services Tompkins can sell, but instead geared towards providing information and advice.

“We are hoping to give people the proper information so they can look at their situation and

take the next step, in planning their financial future,” Howell said.

Last year's topic covered dental health and had about 70 guests in attendance, according to Howell.

“The past two years we have had good attendance and this year we are looking just as good,” Howell said. “Also, this event isn't just for women. Men are more than welcome to attend.”

To RSVP for the Healthy Woman luncheon contact Howell at 268-4842 or Anita Cline at 268-4721.

The Health Fair begins at 8 a.m. April 9 at Dorothy Garrett Coliseum and continues un-

til noon. It is free to the public.

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