

For immediate release
May 14, 2009

Press contact: Polly Rix
PR/marketing director
708.458.7600, Ext. 252

Community shares information at Peace Health and Wellness Day

From nutrition and exercise, healthy relationships and yoga to tips on reducing the spread of germs, Queen of Peace High School students spent April 30 learning from area healthcare professionals about these and many other health and wellness topics.

“Health and Wellness Day is an opportunity for students to learn how the choices they are making now can affect their future health and how they can be proactive in their long-term health and wellness. In addition, students experienced activities they may not be familiar with such as learning yoga and Tae Bo and using fitness equipment,” said organizer and nurse Colleen Pospishil, RN, BSN.

Several Peace alumnae participated in the day in addition to several community members, including Lewis University senior nursing students who spoke about germs and handwashing; Karen Hand-Harper, owner of Positive Changes, who spoke about the secret language of feelings; Chuck O’Donoghue from Robert Morris College who provided nutrition information, healthy food preparation and fresh fruit samples; St. Xavier Health Center representative Susan Politano APRN, Family Nurse Practitioner, who lead an open discussion on taking charge of your health; Soulistic Spa, which offered yoga and information on natural skin care; and, University of Illinois Extension Public Health Educators, who talked to students about healthy relationships and the importance of good hygiene.

“The most powerful program was the all-school assembly at the end of the day presented by Toni Bucki RN, Director of Emergency Medicine at University of Chicago. This injury-prevention program created by Toni shows real life photos of accident scenes and injuries that result from

drunk driving. Some photos are purposely graphic to expose the realities of drinking and driving," Ms. Pospishil said.

