

Memphis Health Events Encourage Women to Empower Themselves

MEMPHIS, Tenn. — Area women looking to empower themselves through healthy living need look no further. The Women's Health Conference is Saturday, April 18, at Mt. Zion Baptist Church on 60 South Parkway East.

Sponsored by Volunteer State Health Plan (VSHP), the conference will take place from 9 a.m. to 2 p.m. Exhibits and speakers from organizations and programs such as CoverTN, University of Phoenix and the American Heart Association will focus on the importance of women's health and health care access.

Topics will range from heart health, the leading killer of women in Tennessee, to effective parenting skills.

"Women are often so focused on taking care of others in their lives that they often fail to address their own health needs," said Sheila Keith, manager of disease management for VSHP. "This is a great opportunity for the women of Memphis to learn how to take better care of themselves."

For those unable to attend the conference, VSHP will be holding the Women's Health Workshop Saturday, April 25, from 10 a.m. to 2 p.m. at Holmes Road Church of Christ.

Workshops on domestic violence, diabetes and high blood pressure, among others, will be highlighted.

Lunch will be provided for the first 300 attendees at both events and door prizes will be given away for those who register.

About Volunteer State Health Plan (VSHP)

Volunteer State Health Plan is a wholly-owned subsidiary of BlueCross BlueShield of Tennessee. Founded in 1993, the Chattanooga-based company focuses on managing care and providing quality health care products, services, and information for government programs. VSHP currently serves approximately 500,000 members.

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