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WomanKind launches annual community health forums

WomanKind, Key West's unique women's health center, is presenting their first Community Health Forum titled "Food IS Medicine: How to Eat to Prevent Breast and Other Cancers," on Saturday, Aug. 2 from 2- 4 p.m. at the Eco-Discovery Center. The Forum is being sponsored by Keys Federal Credit Union, the oldest financial institution in Monroe County.

The presenter will be respected medical nutritionist Karon RZad, known nationally as a speaker, integrated medicine practitioner and developer of protocols for safe usage of medical nutrition. RZad will lead a two-hour program which will include tips on foods that have profound positive impacts on our health, and methods of managing weight and maintaining good health through proper eating and exercise.

WomanKind's community forums will address a wide spectrum of health issues. Future forums in the 2008-09 series will cover pharmacology and conventional v. alternative medicine; fitness and weight loss without dieting; and a hands-on program teaching massage and other relaxation techniques.

There is no admission fee for the programs, although a \$10 donation is requested.

WomanKind provides sensitive, quality primary and gynecological care and mental health counseling to women throughout the lifespan. "WomanKind offers a different approach to women's health," says Executive Director Betsy Langan. "Our nurse practitioners are able to spend more time on individualized, prevention-focused health care." Last year, the local, not-for-profit agency provided healthcare to nearly 2,000 Key West women.

For additional information please phone Maggie Springer at 294-4004.