

AMH's Women's Wellness Fair proves successful

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Betsy Smith, right, a certified yoga instructor, talks with a visitor at Alton Memorial Hospital's Women's Wellness Fair on Saturday, Nov. 20.

The fair attracted 358 visitors and included almost 40 informational tables; presentations by Dr. Laura Hill, pediatrician, and John Kamp, owner of Terrace Salon and Spa in Godfrey; health screenings; tasty treats from South Bend Chocolate Company; a string quartet from the Alton Symphony Orchestra; and a free boxed lunch from Subway of Bethalto.

Smith teaches yoga, Tai Chi and Py-yoga classes at Alton Memorial's Human Motion Institute Rehabilitation and Sports Performance Center, 226 Regional Drive in Alton. There will be one free "Try a Class" for each discipline either Dec. 14 or Dec. 18. For more information or to sign up for one of the classes, call 1-800-392-0936.

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