

***Schenectady Branch AAUW Program***  
***“Are you on the Road to Healthy Living”***  
***April 21, 2010***

**How this program addressed AAUW’s mission:**

Our program “Are You on the Road to Healthy Living” addressed AAUW’s mission by educating women on how to lead a healthy lifestyle and reminding them that they need to advocate for good medical attention.

**The branch goals met in doing this program included**

- *Focusing on women and children’s issues* including health, education and safety.
- *Community Outreach* – By having this program at the main county library and opening it to the public we were reaching out to our members and community residents on the importance of a healthy diet, exercise, getting their medical questions answered.
- *Community service* – Living a healthy lifestyle is so important for a good quality of life. By opening this meeting to our community we were providing a community service. The members on the panel were 2 local doctors and an acupuncturist.
- *Visibility* – Posters in the main and branch libraries, newsletter article, newspaper, TV and radio publicity in their community events segments.

**Action Steps in planning this program**

- The 2 program vice presidents and co-presidents brainstormed topics, decided on this one and contacted 2 doctors and an acupuncturist to be on the panel..

**Action Steps taken for community visibility**

- We reserved the meeting room at the main branch of our county library
- Wrote articles for our newsletter and a copy for our local TV and radio stations and our local newspapers to include in the community events segments.
- Put up signs in the main library and the branches advertising the program.

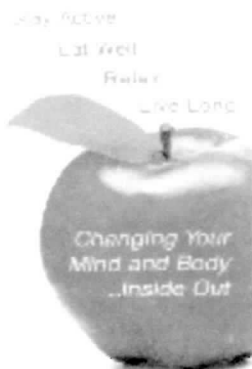
**Measureable impact on the community**

We were quite pleased with the number of members and non-members who attended this program. We had about 40+ people attending and got a good number of positive comments from the attendees.

**Lesson Learned**

Having a topic directly relating to improve one’s health seemed to encourage more people to attend the meeting.

# *Are You On the Road to Healthy Living?*



**Wednesday, April 21, 7:00 p.m.**  
**The McChesney Room**  
**Schenectady Main Library**  
**99 Clinton St., Schenectady**

**Kemp Bundy, M.D. (Allergist)**  
identifies seasonal and environmental  
allergies and suggests ways to deal with them.

**Judy Kodela (Licensed Acupuncturist, Certified  
Medical Qigong Therapist and Tai Ch Instructor)**  
explains how Chinese medicine such as  
acupuncture, herbs, Tai Chi and Qigong are used  
for treating the body, mind and spirit.

**Christine Murphy, M.D. (Internal Medicine)**  
addresses issues related to osteoporosis,  
healthy diet, and exercise.

*Public is invited*

*Program sponsored by AAUW Schenectady*