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FOR IMMEDIATE RELEASE
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**PINELLAS COUNTY HEALTH DEPARTMENT HOLDS FREE SEMINAR FOR WOMEN'S
HEALTH WEEK**

-Women's Health Week is May 10–16, 2009-

ST. PETERSBURG –In celebration of National Women's Health Week, the Pinellas County Health Department and Partnerships in Prevention, Inc. will hold a free all-day community seminar, "De-Stress Your Life," on Wednesday, May 13 from 8:30-4:30 p.m. The seminar will take place at the All Children's Health Education Center, 701 6th Street South, St. Petersburg.

Frances L. Baker, PhD, LCSW, a training consultant with Cicatelli Associates Inc., will lead the seminar. Dr. Baker has experience in women's issues, having worked with the Mississippi Coalition Against Domestic Violence and as co-founder and president of BORN FREE of Mississippi, Inc, a non-profit organization working with pregnant and parenting addicted women and their children.

The seminar will focus on identifying conditions and situations that cause stress, recognizing personal habits that contribute to stress, inventorying life stresses and their impact, and using general relaxation and stress reducing techniques. For more information or to register, call 727-552-8336.

DOH promotes, protects and improves the health of all people in Florida. For more information about Women's Health Week, contact your health care provider or the Pinellas County Health Department at www.pinellashealth.com or visit www.womenshealth.gov.

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