



NEW YORK STATE SENATOR

Leroy Comrie

## Senator Comrie Hosts Annual Event to Highlight Women's Health Issues

LEROY COMRIE March 19, 2018

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**Jamaica, NY** — State Senator Leroy Comrie and community partners on Saturday hosted the Second Annual Women's Health Empowerment Symposium. The event, which celebrates Women's History Month through health and wellness education, drew over 175 participants from across Southeast Queens.

Senator Comrie collaborated with Healthfirst, the Healthcare Education Project (HEP), and

York College to bring community members together to participate in discussions and workshops on many of the important topics of women's health, including obesity, cervical cancer, mental health, and endometriosis.

“I represent some of the most engaged and diverse communities in the entire state, so I am very fortunate to be able to work alongside organizations like Healthfirst, HEP, and York College to host comprehensive educational events like the Women's Health Empowerment Symposium,” said Senator Comrie. “Knowledge is power when it comes to making health and lifestyle decisions.”

Organizers marked Women's History Month by inspiring local women to take charge of their wellness by becoming educated on community-oriented healthcare information and resources. Twelve experts representing various fields of medicine and wellness presented on their work throughout the morning and afternoon.

“Women play such a pivotal role in our society, but we never pause to take care of our health,” said Marcelle Dinnall, Healthcare Advocate for HEP. “I strongly believe that preventive health extends our life expectancy.”

“The students and faculty of York College are proud to provide a space where community members can gather for high quality programming like the Women's Health Empowerment Symposium,” said Dr. Jean Phelps, Director of Student Activities at York College. “Our efforts are always greatest when we work together.”

Attendees were screened for hypertension and taught how to perform self breast exams from York College nursing students under the guidance of their professors. To conclude the event, registered nurse and fitness instructor Farrah Gibbs led the crowd in a Shape Up NYC

exercise.

“I am pleased with the feedback my office has received following the symposium,” said Senator Comrie. “I hope everyone left with a greater confidence in her own ability to make positive health and wellness decisions for herself and her family. I look forward to building upon our success next year.”