

# SUFFOLK COUNTY LEGISLATURE

**WILLIAM R. SPENCER**  
SUFFOLK COUNTY LEGISLATOR  
EIGHTEENTH DISTRICT  
15 PARK CIRCLE, SUITE 209  
CENTERPORT, NY 11721



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## ***MEDIA ADVISORY***

**May 10, 2016**



# *Be Good To Yourselfes*



*Plan to attend the Women's Health & Information Fair on Thursday!*

**Greenlawn, NY** – Suffolk County Legislator William R. Spencer, M.D. is hosting his 4<sup>th</sup> Annual Women's Health & Information Fair on Thursday, May 12<sup>th</sup> in conjunction with National Women's Health Week. The Fair, designed for women from adolescents to seniors and all of those in-between, will feature representatives from more than 30 not-for-profit and government agencies who can provide assistance and guidance with issues relating to: health, safety, self-esteem, legal matters, business, success, housing, mental health, special needs and much more.

"Many times the women we love get so caught up in the day to day busyness and needs of others that they forget to make time for themselves." said Legislator William R. Spencer, M.D. "This is an opportunity for women to take control of their health and wellbeing, evaluate priorities and make informed choices which benefit themselves and their families."

**Date:** Thursday, May 12, 2016  
**Time:** 2:00pm – 6:00pm  
**Place:** Harborfields Public Library  
Community Meeting Room  
31 Broadway, Greenlawn, NY 11740

**Admission is free and all are welcome to attend.**  
**For more information, call 631-854-4500**

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