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For immediate release:
Contact:

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Jessica Calaway, 561-482-4554
calawayj@pbclibrary.org

Palm Beach County Library System to Host Women's Well-being Expo

Join the Palm Beach County Library System for the inspiring and informative second annual Women's Well-being Expo, where health, wellness and empowerment take center stage. It will be held on Saturday, March 8, 2025, from 2:30 to 4 p.m. at the Lantana Road Branch Library located at 4020 Lantana Rd. Lake Worth, 33462.

This dynamic event will feature organizations such as Healthy Mothers Healthy Babies, Sylvester Cancer Center, Planned Parenthood and many more. The expo is designed to support every aspect of women's health.

Attendees will have the opportunity to listen to keynote speaker Dr. Stephanie Figueria from Women's Health Partners as well as learn from experts in mental health, diabetes and cancer. Discreet screenings will be conducted by certified staff on-site. Whether guests attend to expand their knowledge, connect with supportive resources or take proactive steps toward well-being, this expo offers something for everyone.

For more information, please contact Palm Beach County Library System Lantana Branch at 561-304-4500 or visit www.pbclibrary.org.