

Girl Power!

BY SUSAN MURPHY

New Jersey Women's Expo was presented by Meridian Health at Brookdale Community College in Lincroft on November 5 and 6. This two-day event featured cooking, fitness, and self-defense demonstrations, new products to sample, psychic readings, health screenings, fashion shows and beauty makeovers, and book signings with famed authors. Wine tasting was offered, 2012 auto test drives, and a visit from comedian Robin Fox. Seminars covered topics on how to start your own business, finance tips, empowering women, and the importance of laughter.

Dr. Evelyn Minaya of Tinton Falls and Dr. Jocelyn A. Carlo of Wall, both doctors in the field of Obstetrics & Gynecology, were on a panel of doctors associated with Meridian Health who spoke on women's health and wellness. Meridian Health team members Michael McCauley, Cait Coyle, and Anne Marie Keevins recruited guests for an online group known as Mom-tourage.com. Representatives Laura and Shirley from Saint Barnabas Health Care System shared information about the importance of mammograms, and offered pamphlets for the The Jacqueline M. Wilentz Comprehensive Breast Center, which has two convenient other locations in Colts Neck and Howell.

Assistant Director of Development Barbara Novell-Napoli from 180 Turning Lives Around shared the many

programs and safe environments it offers to victims of sexual and domestic violence. Director of Marketing Samaris Tassinaro from CareOne in Wall offered pamphlets regarding senior care, Respite Care, medication management tips, and signs of Caregiver stress. General Manager Patt Loftus of Meridian Fitness & Wellness in Hazlet discussed the benefits of this multi-faceted center.

Monmouth Museum, located on the campus of the College, had flyers and pamphlets on the programs they offer on the Arts and for children. Rose's Fund for Animals shared stories of animals and their owners being helped with the cost of veterinary bills as a result of the generosity of donations. Jessica Pasquinnucci, owner of Jessie Wellness in Matawan, had her staff demonstrate a M'lis Body Contour Wrap on one of her clients. Services at the Wellness Spa are designed to detoxify, cleanse and heal.

Handouts were at most every table in the Expo, many offering samples to taste, drink, or take home. Health conscious vendors were joined with booths on everything from traveling, college planning, decorating, kitchen appliances, and tanning, to day care services. Whichever day you chose was sure to be informative, educational, and great fun.



