



Lowcountry Live! On News 4

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Guest: Felicia Veasey, Select Health of South Carolina

Host: Welcome back. Empower, educate and encourage women and girls to lead healthier lives; that's the goal of the Women and Girls Summit. Here with all the details on how you can register is Felicia Veasey of Select Health.

Felicia: Good Morning.

Host: Thank you for joining us.

Felicia: Thank you for having me.

Host: So first off just tell us a little bit about what this summit is.

Felicia: OK, the Women and Girls Summit is going to take place Friday, July 16th through Sunday, July 18th. It is going to be at the Charleston Harbor Resort and Marina, here in Mt. Pleasant. This event is to help women and girls. We want to teach them to live healthier lifestyles. So that's through empowering them and educating them to again, live healthier lifestyles.

Host: So, in what ways do you guys do this?

Felicia: Oh, what ways don't we do it? We're doing this by a collaboration of different organizations, throughout the area. We're going to have different speakers coming in teaching them about nutrition, financial management, self body image, how to be fit, financial management and so forth.

Host: Who are some the speakers that are coming in?

Felicia: Some of the speakers that we have are Frances Ashe-Goins who is the Acting Director of the office of Women's Health in Washington, DC. We have the Ambassador of Romania coming to speak that Saturday morning and then we also have the New York Times best seller author, Nancy Amanda Redd, who was also a Miss USA contestant some years ago.

Host: Oh wow, so you guys have a lot of big name people coming in to talk about this. So why is this such an important message to spread to women? Why teach them all these rules?

Felicia: Because at this time, as women, we face a lot of different issues, and it's best to know what resources are out there to help you along the way learn how to deal with the different issues. Like I said, when it comes to financial management, what woman doesn't need to know how to manage their finances? Body images--you know--sometimes you always say, "if I had more, if I had less," so knowing how to appreciate who you are as an individual. So again, it's about teaching women how to take what you have or learn what's out there and go from there.

Host: And is it just for women or are there also going to be seminars for younger ages?

Felicia: It's women and girls. The youngest age is 10 and up. So anyone at the age of 10 to 100 and plus that's the age we're looking for.

Host: So obviously things like financial management aren't going apply to a 10 year old? What do you do to try to reach that group?

Felicia: For the girls, we're doing nutrition. Josh Woodward, who is the chef at the resort, is going to be doing a nutrition section. They are also going to do Zumba, which I think is going to be very fun for them. Again, Nancy Amanda Redd is going to speak to them for about two hours that day on body image. And again, we still want to talk to them about financial management because you want to teach them at that age; this is how you start saving and going from there.

Host: Have you guys done this summit before?

Felicia: We have not, this is the first time. Select Health of South Carolina is a title sponsor of this event, and we're very happy to be part of this event because we want to participate with the summit because they align with our mission of helping people get care, staying well and building healthy communities. And we want the women to basically go back to their communities after they learn what they learn and network with other women and teach them, this is how you do this, this is how you do that.

Host: So you guys still holding registration for this?

Felicia: Registration is still open. You can go to the website nationalwomenandgirlssummit.org or you can call (866) 982-NWGS which is 6947.

Host: OK, is there a cap on this? Should people fill up soon?

Felicia: We hope that people will sign up soon. Registration is going through June 26th, but if we still have more space, we'll take more women.

Host: Alright well thank you so much, appreciate you joining us today.

Felicia: Thank you.