

Women's health issues raised at wine-lovers meeting



WINE AND FOOD ARE ALWAYS A PART OF THE LOGS MEET-UPS.

BY LINDA FAUSZ

Over the last 12 years, the LOGs (Lover of Grapes) meet-up have been about wine and dinner. They are getting older now, and while they still love tasting different vintages, health issues are moving into the forefront.

One of the members has had such a success with a physical therapist that she wanted to share any information that could help someone with the same issues in their meet-ups. She ask her therapist if she did presentations, and with a yes answer, Llewellyn Slayton began making the announcement through email; Leakage and other issues relating to the bladder at the next meet-up. Wine and food still was the focus with a special presentation from Katherine M. Oxford, DPT on urinary issues. Over 50 ladies said yes and attended the meet-up at St. John's Episcopal Church.

"I bet 75 percent of us could benefit from this," said Pat Frazier, sporting a panty liner as a name tag. "It is a wonderful meeting."

Oxford gives several presentations to different groups on women's health. She is the physical therapist with Virginia Urology

Women's Health. "I do different outreach presentations educating women on topics they do not feel comfortable about. It is a very private issue. I like to say I am empowering women about their bodies."

"This is the most that have ever been to a LOGs meeting," said Slayton. "Over 53 women responded."

Oxford was very entertaining with her presentation and shared several tips and suggestions to help with issues pertaining to the bladder. Attendees received a hand out from Oxford on a Bladder-Smart Diet, abdominal exercises, and helpful hints for the toilet.

Slayton said she would like to see more presentations on various issues facing women, such as identity theft and home security. The LOGs are not changing their 12-year routine – visiting wine shops, vineyards, and members'



KATHERINE OXFORD ANSWERS QUESTIONS FOLLOWING HER PRESENTATION. LLEWELLYN SLAYTON IS ALSO PICTURED.

homes, and as always following their housekeeping rules: "We WILL



MARGARET TESTER AND HELEN LINDSEY

consume responsibly. We will sit or stand next to someone we don't know. And, we will talk to them. We will have fun, dimmit!"



HAZEL SLOANE AND RUSTY PHOENIX



MARTHA JENKINS, BECKI DEAN AND BARBARA FISCHER LOOK OVER THE MATERIAL GIVEN TO EACH ATTENDEE BY KATHERINE OXFORD FROM VIRGINIA UROLOGY WOMEN'S HEALTH



St. John's Episcopal Church

12201 Richmond Street • Chester, Virginia 23831

HOLY WEEK LITURGIES AND EASTER CELEBRATIONS

April 12-16

WEDNESDAY - Tenebrae (services of

Readings and Psalms).....6:30 p.m.

Holy Eucharist.....7 p.m.

MAUNDY THURSDAY - Holy Eucharist with

Foot Washing and Stripping of the Altar.....7 p.m.

GOOD FRIDAY - Good Friday Liturgy.....Noon and 7 p.m.

HOLY SATURDAY - Holy Saturday Liturgy.....9 a.m.

FEAST OF THE RESURRECTION - Holy Eucharist with

Renewal of Baptism Vows.....8 a.m. and 10 a.m.