Written by Sean Green
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Women will be in the spotlight in March in Shreveport and Bossier City, and Willis-Knighton and several Willis-Knighton physicians will be supporting this recognition of women with health-oriented programs.

Women for Progress and the Shreveport Women's Commission are celebrating women with events and activities in Shreveport from March 3 though 8. Willis-Knighton staff and physicians are supplying health forums during the week.

On Wednesday, March 6, The Oaks of Louisiana will host a program from noon to 1:15 p.m. in the Oak Room at the Tower at The Oaks. "Seven Dimensions of Wellness" will be presented by Marian Dehan, community outreach manager for The Oaks. Wellness is more than a healthy body and busy women need to know how to incorporate all seven dimensions of wellness for a healthy happy life. This total wellness concept used at The Oaks is suitable for all age. The program includes a served lunch for $14, including tax and gratuity. Seating is limited and reservations are required.

On Friday, March 8, Julie Hartley, registered dietitian, will offer "Smarter Grocery Shopping: Making Better Choices for Body and Budget." This early morning program comes just in time for the weekend trip to the grocery store. It begins at 7:15 a.m. and ends at 7:45 a.m. in the Diagnostic & Surgical Building at 2751 Albert Bicknell Drive on the Willis-Knighton Medical Center campus. In 30-minutes she will offer tips about what to look for on packages and how to interpret information. Each participant will receive a "to-go" breakfast bag to enjoy at work or home. The cost is $3. Seating is limited and reservations are required.

On the following week, March 6 – 13, the Commission for Women of Bossier City will feature a Face Fair on Tuesday, March 12, from 11:30 a.m. to 1 p.m. This event will be held in the WK Bossier Health Center Auditorium and will feature Dr. Josephine Futrell and Dr. Sarah Glorioso offering advice on dermatological problems and cosmetic solutions. A box lunch will be served for $6. Seating is limited and reservations are required.

Reservations for the programs at The Oaks and Willis-Knighton are available at wkhs.com "Classes and Events" or by calling (318) 212-8225.