



TEAMSTERS LOCAL 731 HEALTH & WELFARE FUNDS

The Teamsters Local Union No. 731 invites you to join us for a day dedicated to empowering Women through Health and Wellness.

An event designed for Women by Women.

Eligible participants who attend this event will be able to take part in a free comprehensive panel that screens for perimenopause, menopause, fertility concerns, fatigue, or weight changes. In addition to onsite Bone Density Screening, and Mammograms.

When and Where:

Saturday, September 6, 2025
9:00 AM – 2:00 PM

Teamsters Local 731
1000 Burr Ridge Parkway
Burr Ridge, IL 60527

Scan the QR Code to Register

SCAN ME



Program Highlights

Q&A will follow each presentation.

- **Nutrition During Menopause** – Presented by CHC Wellness
- **Psychological Impacts of Menopause** – Presented by All One Health
- **Women's Pelvic Health and Navigating Menopause** - Presented by Hinge Health
- **Bone Density and Early Detection** -Presented by Health Gauge

“Self-Care is not Selfish. You cannot serve from an empty vessel” by Eleanor Brown

Please contact Beatrice Beltran bbeltran@ibt731funds.org or (630) 887-4163 with any question you have about this event.