

FOR IMMEDIATE RELEASE

New Year, New You! Spa Day for Women – Saturday, January 23, 2010
Women & Children's Hospital Launches Healthy Woman Program

Lake Charles, LA (Tuesday, January 05, 2010) – Women & Children's Hospital will re-launch their **Healthy Woman** Program with a fun and relaxing Spa Day and Health Fair on Saturday, January 23, 2010 from 11 a.m. to 3 p.m. on the hospital campus located at 4200 Nelson Road. The event will feature booths from healthcare, beauty and spa service providers, educational and fitness seminars, chair massages, relaxing hand treatments, health screenings, live jazz music, refreshments, door prizes and more.

Women make between 80 and 90 percent of all healthcare decisions, often while balancing careers, raising children, and caring for family members. **Healthy Woman** was created by women for women to provide up-to-date healthcare information for their entire family. The program's mission is to empower the women of Lake Charles with the knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones.

Healthy Woman will offer monthly seminars and activities that will cover a wide range of physical and emotional healthcare, as well as financial well-being and spiritual development. Healthcare topics will include pertinent information on heart disease, diabetes, breast cancer, menopause, nutrition, osteoporosis, stress management and life balance issues.

"This event is going to be a great opportunity for women to come out and see what Healthy Woman is all about. The program encourages women to learn more about themselves," said Stephanie Morris, of Health Systems 2000, Inc. and a member of the Healthy Woman Advisory Council.

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“Women & Children’s Hospital is taking the time to educate women about issues that are important to us and I am extremely proud to be involved in this effort. I encourage all women to invite their friends and join us at the Spa Day. After the hustle and bustle of the holidays, we all need pampering and to refocus on our health,” added Morris.

Although there is an event cost, \$10 for **Healthy Woman** members and \$15 for non-members, **Healthy Woman** offers free membership to women. You can become a member before the event by registering online at www.women-childrens.com or by calling 337-475-4075. The first 250 women to register online or by phone will receive a free Spa Day T-shirt when they arrive at the event.

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Women & Children’s Hospital (WCH) is a full-service acute care hospital located at 4200 Nelson Road, Lake Charles, LA 70605. WCH is the area’s preferred leader for Women’s Services and offers numerous services including inpatient and outpatient medical and surgical care for men, women and children. Specialties include obstetrics, gynecology, urology, bariatric, general and orthopedic surgery. WCH provides the only Bariatric Surgery Center of Excellence within a five parish area and is equipped with a 24-hour, physician-staffed Emergency Department and a Level 3 Neonatal ICU. For more information about WCH, visit www.women-childrens.com.