

FOR IMMEDIATE RELEASE

Wednesday, April 28, 2010

WCH Announces Free Healthy Woman Seminar on Thursday, May 6

(Lake Charles, LA) - Women & Children's Hospital (WCH) will be hosting a free Healthy Woman seminar on Thursday, May 6 from 6:00 p.m. to 7:30 p.m. in the First Floor Classroom of the hospital located at 4200 Nelson Road. Women age 18 and up are encouraged to attend.

The guest speaker will be TriCia Guidry, M.D., a Board -Certified OB/GYN and a member of the WCH medical staff. Dr. Guidry's seminar is entitled "**Striving for Optimal Health: Healthcare for the Busy Woman.**" This seminar is designed to educate women on steps they can take to improve their health and maintain a balanced lifestyle.

Healthy Woman is a free community resource provided by Women & Children's Hospital that provides women of all ages with the information they need to make informed healthcare and wellness decisions for themselves and their families. Healthy Woman offers free monthly seminars and activities, covering a wide range of subjects including women's health, stress management, skin care and healthy cooking.

There will be door prizes for attendees and light refreshments will be served. Anyone interested in attending this free seminar or in joining Healthy Woman should go online to register at www.women-childrens.com or call 475-4102 for more information. Seating is limited, so please register to reserve your place.

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About Women & Children's Hospital: 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. WCH is a recognized Bariatric Surgery Center of Excellence 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.