

HEALTHY WOMAN™

HEALTHY WOMAN IS A FREE COMMUNITY RESOURCE DESIGNED TO EMPOWER WOMEN WITH THE KNOWLEDGE AND CONFIDENCE TO MAKE INFORMED HEALTHCARE AND WELL-BEING DECISIONS FOR THEMSELVES AND THEIR LOVED ONES.

IF YOU ARE LIKE MOST WOMEN, incredible demands are placed on you every day. Work, home, family – sometimes it seems that everyone – or everything – wants or needs your attention.

There are ways to make your life more balanced, more fun and healthier.

This program – designed by women, for women – promises to be fun and will provide you information to maintain a healthy body, mind and spirit! While you are at it, you can meet new friends... friends who share your desire and enthusiasm for a healthy lifestyle!

PROGRAM BENEFITS INCLUDE:

- MONTHLY HEALTH AND WELLNESS PRESENTATIONS
- FREE HEALTH SCREENINGS
- OPEN HOUSES
- SOCIAL EVENTS
- LOCAL MERCHANT DISCOUNTS
- NETWORKING AND FRIENDSHIP BUILDING
- AND MORE!

With all of your obligations, you may have forgotten someone special: **You**.

But we haven't. Join *Healthy Woman*. Membership is FREE and the benefits are priceless.

Join today by visiting wwhcs.org, or for more information, call **570-552-PINK (7465)**.

