

## Women's Health Night to feature Outstanding Speaker, Screenings and Grand Door Prize

Written by Administrator

Tuesday, 22 October 2013 00:00 - Last Updated Tuesday, 22 October 2013 10:49

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Scott Memorial Hospital is once again delighted to be hosting the popular Women's Health Night. The event will be held at the hospital on October 28 at 6 p.m. Organizers are excited for the women of our community to hear LifePoint Hospital's CAO John Bumpus speak that evening. "The 5 Unspoken Things we ask for in Every Relationship" will be the topic John will be addressing at the event. "This seems like something we all should know", stated White, the event's cofounder, "but let's face it, in this crazy busy world sometimes we can forget." White, who heard Mr. Bumpus speak in Nashville Tennessee, truly feels like he will enlighten and engage the audience. Organizers realize that this speech is not about one specific medical condition, but feel very strongly that the content will help to improve the lives of the women and their families and co-workers. Studies show that good relationships are essential to our happiness and emotional health and that our relationships can affect our physical health as well.

As always, a wealth of information will be available about several different diseases and health related issues. Rebecca Roth R. N (C) will be available for questions related to heart disease. The hospital's pharmacist, Matt Carter, RPh, MBA, will be available to answer questions related to medications. Information will also be available on Diabetes, Breast Cancer, GERD, Sleep Apnea, and several other topics. Several local support organizations will also be present such as the YMCA, CEASe, American Cancer Society, Scott County Health Department, Wally Eye Center and several others.

The first 150 attendees will receive a Women's Health Passport. This compact book comes in a nice vinyl cover is an organized place for a woman to keep track of their health screenings and tests. Women can also document other medical notes and medicines. Again, in this busy world it is sometimes hard to remember all the different dates and details of our medical care, now the women will have a specific place to document their information, which will be more accurate for future reference. If any attendees are interested in screenings, the staff will be offering blood pressures, blood sugars readings, and body fat analysis. Low cost flu shot will be available for attendees for \$20. Attendees must be 18 or older to receive a flu shot at the event.

What would a women's gathering be without Door Prizes? Like always there will be several door prizes.

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Scott Memorial is proud again to offer a "Grand" Door Prize worth \$200. More details will be released as the event draws closer. Please mark Monday October 28 on your calendars and plan to have a fun and informative evening! Contact Hope White at (812) 752-8506 with any questions.