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For Immediate Release – May 4, 2010

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Spencer Hospital, Avera Spencer Family Care co-sponsor Women's Check-Up Day

Every year during National Women's Check-Up Day a woman may discover something she can do to improve her health or she may be reassured her health choices are right on target. Providing women an opportunity to increase awareness of their personal health needs is the goal of the National Women's Health Check-Up Day.

Locally, Spencer Hospital will be teaming up with Avera Spencer Family Care to provide reduced health screenings and information Thursday, May 13 in the lower level of Spencer Hospital for a \$5 ticket fee. Participants can visit various booths for screenings and information from 4 – 6 p.m. A deliciously light dinner will be served at 6 p.m. with Candace Daniels presenting "Smart Goals."

Those wishing to attend may purchase advanced tickets at the Spencer Hospital Gift Shop or after hours at the Information Desk until 9 p.m.

"This is a great event and a very valuable one for women who need to be more in tune with their health or who may not have insurance," emphasized Jeannette Hasley, Spencer Hospital Women's Health Director. "We are offering a variety of health screenings and a wealth of information during the check-up event Thursday evening."

"Come. Bring your grandmother, bring your daughter, or bring a friend," encouraged Mindy Sylvester, Women's Health Coordinator. "This health check-up event is for women of all ages. You may be the picture of health and discover that your blood pressure is elevated, or that you need to watch your cholesterol and you can learn many ways of how you can improve your health. Or, better yet, you may discover your health choices are right on track. It's your health. We encourage you to take time and join us on May 13th for our Women's Health Check-up."

Available booths and screenings included in the \$5 ticket price (unless otherwise noted):

Healthy Skin

Sun damage evaluation and education featuring DermaScan technology.

Healthy Hearts

Blood Pressure reading, supportive evaluation and education for women's heart health
Also, sign up for the free "Friends and Family CPR" course to be offered on Saturday, May 22 to learn how you can save a life.

Healthy Minds

Integrating the use of stress dots as well as the depression screening tool.

Healthy Bodies

Physical Therapy of Spencer Hospital give tips on pilates, yoga and other exercise components that help relieve stress and build a healthy body.

Healthy Sleep Habits

Understanding the importance of healthy sleep habits and how the lack of it affects our physical well-being.

Healthy Lungs - \$100

The American Lung Association's premiere smoking cessation program is Freedom From Smoking®. Sign up at this booth for the next available session at Spencer Hospital.

Healthy Breasts

Breasts change many times and in many ways over a woman's lifetime. Discover simple lifestyle choices to improve your general health that will also benefit your breasts.

Healthy Colon

Learn more about new surgical techniques and procedures and how they can improve your colon health. Also, take home a colorectal screening (recommended for men and women over 50) \$2 per kit.

Healthy Immunities

Learn more about shingles, tetanus, Gardasil and even travelers immunization recommendations.

Healthy Caretaking

Whether you have an elderly parent under your care, or someone with an illness, learn ways to keep yourself healthy while providing them the support they need.

Healthy Finances

Have your questions about insurance, Medicare, and KEPPA program answered by the Spencer Hospital financial team. Also learn about power of attorney, living wills and more.

PLUS learn some important self-defense moves that could save your life!

KEYNOTE:

Are you continually setting goals, only to be disappointed by the lack of their success? Do you procrastinate starting a new exercise routine or practicing a new eating habit time after time? Are you a self-proclaimed “Queen of Excuses” when it comes to why you’ve delayed setting a wellness goal yet again? If you answered “yes” to any of these questions, then you should make a note to join us at the upcoming Women’s Check-Up health event on Thursday, May 13th.

The evening keynote speaker, Candace Daniels, HR Generalist at Spencer Hospital, has been training SMART goals for the last eight years in various industry settings. During this workshop, you will identify your excuses that have held you back from your wellness goals, learn effective tips for goal setting, explore your own personal wellness goals, learn the S.M.A.R.T goal system, and ultimately walk away with the tools that you need to develop a personalized, structured wellness goal to success. So stop dreaming about setting that wellness goal and take the first step to wellness success.