

Get a Healthy Mind, Body & Spirit!

HEALTHY WOMAN

It's all about taking care of yourself.

Southside Regional Medical Center is pleased to introduce **Healthy Woman**, a new resource just for women. Healthy Woman is designed to provide women with information about healthcare and life-management choices for themselves and their families. It's also about having fun and learning new things to make life simpler and more fulfilling.

Healthy Woman, open to women of all ages, offers a variety of fun activities, health education, screenings, speakers, special events, discounts on products and services and more. And best of all, membership is free!

To learn more or to join Healthy Woman, visit www.srmconline.com or call Debbie Davis at 804.765.5789. Grab a friend and sign up today—and be part of the fun and fellowship from the start.

Kickoff Event - March 19th

