

# 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. And best of all, membership is free!

**Our Kickoff event is March 19th!** Call 804.765.5789 for more information.

**Healthy Woman is designed by women for women. Meet our Advisory Board.**

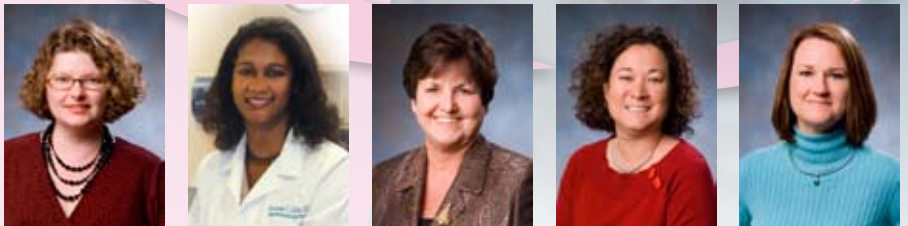
Debbie Davis  
Ellen Buchanan  
Cindy Morgan  
Damaris Johnson  
Barbara Morgan



Maria Urbanowicz  
Cyndi Cline  
Carrie Smith  
Carrie Bilek



Melissa Boyce  
Shannon Gilham  
Audrey Bollinger  
Kimberly Thayer  
Tricia Morrow



Lori Sturt  
Mary Rudisill  
Annie Mickens

