

# HEALTHY WOMAN

A MOUNTAINVIEW REGIONAL MEDICAL CENTER RESOURCE



Join us for our **Kickoff Event**  
**Thursday, May 29**  
**Hotel Encanto**

- 4 – 6 pm:** **FREE Health Fair & Women’s Expo**  
Health screenings, partner exhibits, giveaways
- 6:30 - 8:30 pm:** **Dinner, Speaker, Door Prizes (\$20/person)**  
An inspiring evening of entertainment, life lessons & fun.

**Dinner seating is limited, so reserve your space by May 22.**

**Call 556-6890 or visit [www.mountainviewregional.com](http://www.mountainviewregional.com)**

**Sign up for a free membership**

**even if you are unable to attend the kickoff events.**

**Exciting partnership opportunities available – call for details!**



## *National Speaker*

### **Dr. Suzanne Metzger**

For more than 15 years, Suzanne has been captivating audiences with humorous yet provocative keynote speeches. She knows the importance of having the right attitude and the power of “soft skills” in building a healthy and happy approach to life. Author of *Learning Through Living ... Some Assembly Required* and co-author of *The Complete Idiot’s Guide to Living with Breast Cancer*, Suzanne leads workshops and writes columns on self-motivation, hoping to help others get themselves on the right track. Her story will inspire you to gain self-acceptance and learn the value of a positive attitude.

Healthy Woman is a new, free resource from Mountainview Regional Hospital. It’s designed to provide women with information to maintain a healthy body, mind and spirit for themselves and their loved ones. Membership is free, and the benefits last a lifetime.