



FROM: Gerber Memorial Health Services  
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**GERBER MEMORIAL HOSTS SPECIAL “GIRLS’ NIGHT OUT”**

FREMONT, MICHIGAN... In an ongoing effort to serve the healthcare needs of Newaygo County, Gerber Memorial Health Services (GMHS) is hosting its 4<sup>th</sup> annual, educational and entertaining evening for woman of all ages called “Girl’s Night Out, Your Best Health Now - Starring You!” This event is to be held Thursday, October 8, from 6 – 8:30 PM, at the Dogwood Center for the Performing Arts in Fremont, Michigan.

Girls’ Night Out will focus on Major Women’s Health Issues:

- Breast Cancer prevention and early detection (October is Breast Cancer Awareness Month) plus a Breast Self-Examination Demonstration
- The Importance of Flu Prevention – women can get their flu shot that night – for a small fee

- Screenings on
  - Blood Pressure
  - Breast Cancer - women can schedule their mammograms right on the spot!
  - Pelvic Health
  - Skin Mapping
  - Diabetes
  - Depression

Educational presentations will be held throughout the evening, along with entertainment and a range of goodies, including a chocolate fountain for dipping fresh fruit.

Attendees will also be pampered by several local businesses offering:

- Mini Spa Treatments
- Door Prizes
- Early Christmas Shopping Ideas
- More!

Brenda Dulaney-Connell, RN, MSN, Women's Health Services Coordinator for GMHS, understands the need for a "Girls' Night Out" event, especially for rural communities in Michigan, which has been shown by various studies to be one of the least healthy states in the country. "Our 'Girls' Night Out' Event gives the Newaygo County Community an opportunity to learn more about women's

most pressing health issues. Girls of ALL ages love to have their night out from time to time. It'll be an evening of fun, excitement, laughter, learning and celebration of healthier futures for women!"

As health care continues to move in a wellness and healthy lifestyle direction, events such as "Girls' Night Out" will provide women the education and tools with which to improve their health. "Girls' Night Out" is a Special Event hosted by GMHS in partnership with the Spirit of Women<sup>SM</sup> Hospital Network - a national coalition of over 90 US hospitals – focused on promoting educational initiatives for women and their families throughout the US.

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