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**GERBER MEMORIAL HEALTH SERVICES (GMHS)  
HOSTS 6<sup>TH</sup> ANNUAL DAY OF DANCE**

**Fremont, Michigan...** The 6<sup>th</sup> Annual, GMHS Day of Dance for Health event will be held at Newaygo Middle School, 850 E. 76<sup>th</sup> St., Newaygo, MI on Saturday, February 27<sup>th</sup> from 10 a.m. – 2 p.m. (doors open for registration at 9:30 a.m.). GMHS will present a fun-filled day of dancing and heart healthy activities with the theme, "Dancing Through the Decades". Whether young enough for Hip-Hop or old enough for the Two Step, Day of Dance will provide dancing opportunities and activities for all ages.

With heart disease the number one killer of women and men, and February being proclaimed National Heart Health Month, Day of Dance, created through the GMHS affiliation with the national Spirit of Women organization, provides the perfect blend of opportunities for education and activity--a day designed to look at how to prevent heart disease and how to take steps to help manage lifestyles so people can live long and healthy lives. Day of Dance provides an opportunity

to move women, their families and friends, to take ACTION to live a more healthy life. The day is free to all and provides an opportunity to take advantage of—

- + Health Screenings
- + Dance Lessons and Class Participation
- + Heart Healthy Refreshments
- + Heart Health Education
- + Vendor Booths
- + “Red Shoe Fashion” Events

Spirit of Women efforts for **Day of Dance** have expanded to some 70+ cities across the nation and GMHS is proud to be holding its 6<sup>th</sup> annual event. Last year over 700 women, men and children of all ages joined us for the lively day of fun-filled activities. “We are thrilled to have this exciting **Day of Dance** and other health related activities for our community—previous participants have included all ages from just a few weeks old to people in their 90s. It’s a wonderful way to engage families and friends in fun, heart-healthy activities!” commented GMHS Women’s Health Services Coordinator, Brenda Dulaney-Connell, RN, MSN.

Gerber Memorial Health Services (GMHS) is a 61-bed, acute care hospital and health care organization which serves the entire community of Newaygo County. Recognized as one of the 101 Best and Brightest Companies to Work for in West Michigan, and the Outstanding National Rural Healthcare Organization of 2008, GMHS also received the 2007 and 2008 Governor’s Award for Excellence for improving the quality of care and patient safety in the hospital setting, HealthGrades recognition for Outstanding Patient Satisfaction, and HealthGrades 5-Star Awards for Total Hip Replacement and Pulmonary Care. Services include a 24-hour Emergency Department, Women’s Mammography Center, Cancer Center, Physicians offices, modern Surgical Suites and accompanying ICU Unit, Birth Center, Tamarac - The Center for Health and Well-Being, and Continu-Care Home Health Services. Gerber Memorial Hospital is located in Fremont,

Michigan, 45 miles NW of Grand Rapids. For more information visit  
[www.gerberhospital.org](http://www.gerberhospital.org).

PHOTO OPPORTUNITY

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