



Macon County Public Health

Lyndsey Henderson
Community Health Promotion Coordinator
1830 Lakeside Drive
Franklin, NC 28734
Voice: 828-349-2086
lhenderson@maconnc.org

Press Release

Ladies Night Out Program Gives Back

The women of Ladies Night Out have expressed interest in giving back to the community, so each month those in attendance bring donation items for local charities and community programs. Ladies in attendance in July chose to give back by bringing donation items for CareNet and Kid's Place. 64 pounds of food was donated to CareNet and individually packed snack items and toys were donated to Kid's Place.

Ladies Night Out is a partnership between Macon County Public Health and Angel Medical Center to provide free monthly programs on a variety of health topics for women with an emphasis on the importance of regular health screenings. This program is held in the cafeteria at AMC on the fourth Tuesday of each month at 5:30. All women are invited to attend one of these meetings and are asked to encourage all the women in their life, who are over the age of 13 years, to attend with them.

If you are interested in attending Ladies Night Out or have questions, please feel free to contact Lyndsey Henderson, Macon County Public Health Community Health Promotion Coordinator (828- 349-2086), or Bonnie Peggs, Angel Medical Center Public Relations and Chaplaincy (828-349- 6639).



Donations presented to Brenda Taylor and Savannah Yummit of Kid's Place by Lyndsey Henderson (Macon County Public Health) on behalf of Ladies Night Out program.



Donations presented to Russell Wood and Wade Everett of CareNet by Bonnie Peggs (Angel Medical Center), and Lyndsey Henderson (Macon County Public Health) on behalf of Ladies Night Out program.

###