



# Macon County Public Health

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## Press Release

### September Ladies Night Out Program

#### Heart Health

“Have Heart, Breath Easy” at the upcoming September 25, 2018 Ladies Night Out Program on heart health. Dr. Kit Helm and Tom Forkner from Angel Medical Center will be guest speaking. The program will be at 5:30 p.m. in the cafeteria at Angel Medical Center. All women are invited to attend this meeting and are asked to encourage all the women in their life, who are over the age of 13 years, to attend with them.

This month we will also be having a Men’s Night Out program on “Toughing the Outdoors” with Jonathan Fouts from Macon County Public Health. It will meet on the 3<sup>rd</sup> floor of the hospital in the Video Conference Room at 5:30 p.m.

This month’s charity and proceeds will go to CareNet. Items they need include food pantry donations, household supplies (i.e. dish soap, laundry detergent, etc.), and personal hygiene items (i.e. toothpaste, tooth brush, body wash, etc.). Monetary donations for Ladies Night Out Gap Funds are also welcomed.

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.

PHOTO CAPTION: Door prize winners for Ladies Night Out in August at the 5:30 p.m. meeting were: Lisa C. Miller, Grace P. Johnson, Barbara Hanak, Kerri Harper, Mary Stone, Margaret Hyatt, Linda Graves, and Carol Adams.



LNO 5:30 p.m.