WOMEN'S health NIGHT OUT

PUBLIC HEALTH
Healthy People In Healthy Communities

Sponsored by: HCMH Foundation

FREE
ADMISSION +
APPETIZERS
(wine/beer available for purchase)

HOT TOPICS:

Healthy Lifestyle/Diet
Self Care
Preventative Screenings
Adult Immunizations
Palliative Care
Prescription Medication Usage

Thursday, April 12th
Social & Vendors: 4:30-6PM
Presentation: 6-8PM

Speakers: Keynote • Panel of Healthcare Providers

River Valley Orchards & Winery

1645 220th Street • Humboldt, IA 50548

First 50 women to arrive receive a FREE gift basket!

KEYNOTE SPEAKER
Deadra Stanton
Taking Care of Yourself:
"Don't Shoot Skinny Rabbits"

Dr. Sharmini Suriar
Internal Medicine
Pediatrics

Sarah Schulter
ARNP

Keri A. Benjamin
ARNP

Chassidy Ruby
ARNP

Christine K. Vitzthum
ARNP

Morgan Olson
ARNP

Call HCMH Public Health for more information 515-332-2492