

**PRESS RELEASE:**

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**Susan McKenney, FNP, MSN, RN, BC-ADM, to speak about weight management during the holiday season**

*(Hendersonville, N.C.)* Susan McKenney, FNP, MSN, RN, BC-ADM, with Hendersonville Family Health Center and Pardee Flat Rock Family Health Center, will speak about weight management during the holiday season on Monday, Dec. 5, from 12:30 – 1:30 p.m. at the Pardee Health Education Center, located in the Blue Ridge Mall.

Avoiding holiday weight gain can be a challenge. McKenney will teach attendees tips to help maintain weight while still enjoying all of the festivities of the holiday season.

“It’s the holidays and food is everywhere. It is as if Thanksgiving to New Year’s is one long food fest designed to make you gain weight. Add to that all of the emotions of the season and you can certainly be challenged. However, it is possible to keep the holidays from affecting your waistline,” said McKenney.

This presentation is free and open to the public. Registration is required by calling 1-866-790-WELL (9355).

[Pardee Hospital](http://www.pardeehospital.org) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in





**Margaret R. Pardee Memorial Hospital**  
800 North Justice Street, Hendersonville, NC 28791

[www.pardeehospital.org](http://www.pardeehospital.org)

[Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit [www.pardeehospital.org](http://www.pardeehospital.org).

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