

PRESS RELEASE:

Nov. 1, 2010

On-Call Media Cell: (828) 674-2358

Pardee presents free health event Just 4 Girls Health

(Hendersonville, N.C.) Pardee Hospital, Girl Scouts and the Henderson County Family YMCA will present a health event designed for girls 12 – 19 years old on Saturday, Nov. 13, from 1:30 until 4 p.m. at the Pardee Health Education Center in the Blue Ridge Mall.

Just 4 Girls Health will feature refreshments, gifts, information and several interactive discussions with healthcare providers about keeping girls safe and healthy. Topics include healthy bodies, stress, depression, peer pressure, coping, dating, fitness and nutrition. Mothers are welcome to attend with their daughters. The event is free and open to the public.

To register for this event, please call 1-866-790-WELL.

[Pardee Hospital](#) 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 [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





Margaret R. Pardee Memorial Hospital
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www.pardeehospital.org

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.

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