

PRESS RELEASE:

March 3, 2011

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

**Pardee Family Nurse Practitioner to present Live, Laugh and Lose
at the Pardee Health Education Center**

(Hendersonville, N.C.) Susan McKenney, RN, MSN, FNP-BC, BC-ADM, with Pardee Flat Rock Family Health Center and Pardee Hendersonville Family Health Center, will present Live, Laugh and Lose on Thursday, March 17, from 12:30 until 1:30 p.m. at the Pardee Health Education Center, located in the Blue Ridge Mall.

This program will focus on general weight loss management strategies for getting in shape this spring. McKenney will also discuss general nutrition as well as lifestyle changes and goal setting for weight loss success.

The program is free and open to the public. Registration is required by calling 1-866-790-WELL.

[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 [Henderson County](http://www.hendersoncountync.gov). 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
800 North Justice Street, Hendersonville, NC 28791

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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