

HEALTHY WOMAN™

A KOSCIUSKO COMMUNITY HOSPITAL RESOURCE

Healthy Woman is a new, free resource provided by Kosciusko Community Hospital.

It's designed to empower women with the knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones. Free presentations will cover health, communication, relationship and life balance issues, all designed to improve your life and the lives of those you love.

Join us for the kick-off event and be part of the fun from the start!



Thursday, February 18
KCH Women's Center Classroom
6:30 – 7:30 pm

Feature speaker will be Chef Tee Daggett from Joseph Decuis. Chef Daggett will provide an informative demonstration showing the art of utilizing herbs, spices and ingredients that compliment one another. She will teach attendees how to cook well by showing what ingredients blend well and which do not. After this seminar, you can avoid making ho-hum dishes and put some spice into life. Please call 574.372.5854 to register.

YES! Sign me up for my FREE membership today!

I want to join Kosciusko Community Hospital's free Healthy Woman program and receive e-mail or other communication about health seminars and events, and other health information.

Please print. (Provide as much information as possible. We value our relationship with you and will never share or sell your personal information to any outside organization.)

First Name _____ **Middle Initial** _____ **Last Name** _____

Date of Birth ____/____/____ **Phone Number** (____) _____ - _____

Last Four Digits of Social Security Number _____
(This information is kept strictly confidential. We use it only to identify Healthy Woman members.)

Mailing Address _____

City _____ **State** _____ **Zip** _____

E-mail Address _____@_____

Doing so will allow you to receive Healthy Woman event information and e-newsletters with valuable health information.

I am interested in learning more about _____
(list health and other topics)

Congratulations on choosing to become a Healthy Woman!

You can register for a free Healthy Woman membership
by returning this form to:



Kosciusko Community Hospital
Attn: Marketing Department
2101 E. DuBois Drive, Warsaw, IN 46580
Or, fax: 574.372.7816